

Parare Domino Plebem Perfectam

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

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Sesiu se'a
qhaloa



7

Lesotho le
pokothele
\$1,2Millione

8



Quthing e
fetola
sebopeho

13

B'A LUMELLANA



8

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KETEKELO EA LILEMO TSE MAKHOLO A
MABELI SECHABA SA BASOTHO SE THEILOE

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#PARARE DOMINO PLEBEM PERFECTAM

MOELETSI

Hoa ea ha lengoa

Sechaba sa Basotho se utloa se thabetse taba ea hore maparamente a lumellana ka taba e se amanang, ka mantsoe a mang joalokaha ba romiloe ke sona ba phethile thomo. Motho ha nepile ke bohlokoa hore ho buoe e se a lule a nyotobetsoa kamehla ka liphoso tsa hae, e le hore a tsebe ho hola. Setšoantšo sena seo maparamente a leng ntsoe-leng hore se fetisoe se fupere lintlha tsa bohlokoa haholo. Hara tse ling re ka supa kenyeletso ea lipuo tsa Xhosa le Sephuthi hore ebe tsa molao le ho seka-seka litaba tsa Botlotlehi e leng borena.

Esale puso ea sechaba ka sechaba e-ba teng Borena bo amohiloe matla le ona marena metseng koana e se e se letho. Tihompho eane eo a neng a e fuoa e se e le pale ea maobane koana, ka hona ke tšepo hore setšoantšo sena se tla lokisa maemo ana a hloabaetsang. 'Nete eo motho a ke keng a ipatela eona ke hore Lesotho le thehilo ke Morena Moshoeshe I, ka hona borena bo boleka ho hlonepshoa ka mekhoha eohle kaha ntle ho bona ho ka be ho se Lesotho.

Ka lehlakoreng le leng re bona mafapha a 'maloa a nka karolo e kholo litabeng tsa phepo le kholiso ea bana haholo ba likonyana. Morero ona o bontša hore bokamoso ba naha ena bo matsohong a nepahetseng, ebile ha ho mohla e tlo timela.

NACDOL e ntse e hlophisa ho tla etsa 'moka o moholo moo e tlo fereha baetapele ba mebuso ba linaha tse fapaneng tsa Afrika mabapi le ho ntlafatsa thuto ea bana ba likonyana. Sechaba le sona se eletsoa ho nka karolo litabeng tsena ka ho ithehela likolo tse joalo metseng. Empa leha ho le joalo ba li ngolise ka molao e le hore li tle li fumana lithuso joalo ka lijo-tlatsetso.

'Muso oa Japane o qeta ho fana ka chelete e kaalo ka \$1.2Millione e tl'o thusa phepong ea bana, kamor'a hore Tona-Khola a phatlalatsa qomatsi ea tlala 'me a kope lithuso linaheng tse nang le setsoalle le Lesotho. Chelete eo e mpe e fele e sebelisoe morerong oo oa ho matlafatsa bokamoso ba naha ena.

Ba hopotsoa tsa mehleng

Nthabeleng Seitlheko

Mokhatlo o loanelang Litokele tsa Basali le Bana (SHE-HIVE) o bile le thupelo ea ho ruta bacha ka nalane esita le ho itseba, e le ho ba qobisa le ho nena litaba tsa tlhekefetso kahar'a metse le malapeng. Tsena li bile ka la 13 Phato monongoaha Thaba-Bosiu.

Morupeli Sekolong se Seholo sa Sechaba(NUL), Lefapheng la Lingoloe le Bochaba Maloka Phamotse, o bontšitse ket-sahalalo ena e retetsoe ho thusa

ba belaeloa ka ho hlekefetsa basali ba ne ba nkhoa khotla ho khalengoa ka thata esita le ho hopotsoa maikano a bona a lebollo. Ka hona a re ho bohlokoa hore ho tsosoloe litsela tsa khale tse neng li thusa bahlanka le baroetsana ho hola ba tseba boikarabello ba bona, ba ikutloisisa le ho itlhompha hobane taba eo e ne e etsa hore bacha ba ikutloe ka bocha ba bona, ba ithate le ho imatlafatsa.

H'a phethela o supile ha naha ena e ntse e lahlisoa tse-la ke ba lichaba ka ho e thakela ka melao ea eona e seng mol-

lenyalo. A re Basotho ha ba ka khutlela setsong sa habo bona sa ho holisa bana ka tlhompho le kutloelo-bohloko, lithekefetso li ka ea moriting. O thoholelitse mokhatlo ka ho khobokanyana bahlankana le baroetsana ho ba thakela ka malebela a bophelo.

E mong oa bacha bao e bileng karolo ea boithuto bona, Kholu Mohale, o bontšitse a le motlotlo ho ba karolo ea thupelo ena kaha a ithutile malebela a hore na ngoanan'a Mosotho o lokela ho itsoara joang. O re o bona ho le bohlokoa hore thuto ena e fete le ho bana ba



bacha ho utloisisa metheo ea bona, ka khopolo ea hore khokahano e tibileng ea nalane e ka thusa ho thibela tlhekefetso e bonahalang e jele setsi basaling le baneng.

A re tlhekefetso ea basali le bana e ke ke ea fela, ha fela bahlankana le baroetsana ba sa rute ka metheo ea Sesotho e kenyeletsang hore na mosali le monna ba lokela ho hlokomelana joang ha ba se ba kene lenyalong. O re lebolo e ne e le e 'ngoe ea tseo Basotho ba neng ba e sebelisa ho ruta banna ho hlokomela malapa, e le ho nena tlhekefetso ea ka malapeng e le ho sireletsa basali le bana.

O re Basotho ba khale ba ne ba e-na le tšalo-morao litabeng tsa bona, kaha banna ba neng

emong oa eona, e retetsoeng ho matlafatsa balichaba. O re Basotho ha ba ka khutlela lit-seng tsa bona ba ka tseba ho hlola liqholotso tse ba tobileng.

Ho sa le joalo, Tichere ea Sesotho le Nalane ho hlaha Sekolong se Phahameng sa Mapetla Mookameli Mocucubi, o itse kholiso ea hona joale ha e sa tsoana le ea mehleng ea pele, 'me sena se kenya letsoho lithekefetsong tsena tse bonahalang li atile. O re mehleng ea pele baroetsana le bahlankana ba ne ba hlompha, ba bile ba sa kene thobalanong pele ho lenyalo.

O re manyalo a mangata a mehleng ena, a tobana le lithekefetso ka lebaka la ho se tšepahalane, ho bakoang ke ho kena thobalanong pele ho

ntseng ba hola hore ba hole ba e-na le boikemelo, tsebo le kutloisiso ea hore na ba lokela ho ithokomela joang bophelong ba bona.

A bontša ha lumela hore thuto e kang ena ha e ka anela bana bohle, tšabo e tla ba teng 'me bohle ba tla nahana lintho tse ntle ka bokamoso ba bona. A re ho itseba ke ntho e kholo hobane ke lintho tseo ba holang ba sa li tsebe hobane ba sa li rutoe, ka lebaka leo e kare le likolong taba ena ea ho tseba liboko e ka phamoleloa holimo hore re tle re be sechaba se itsebang.

Leeto lena le thontšoe tlasa Mokhatlo oa Bacha oa SHY-Club tlasa Morero oa Thella-hee, e le ho keteka Letsatsi la Lefatše la Bacha.



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Venue: Emmanuel Hostel Hall Maseru (Opposite Manthabiseng Convention Center)
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Ho khina hoa t'sebetso LHWP: Mphalane 2024 - Tlhakubele 2025



HO CHECHA HOA RAMMO HASSE HO BALEHA A short pause for a good cause

Litonoro tsa Moreero oa Metsi a Lihlaba tsa Lesotho le Setsi sa Phehlo ea Motlakase sa 'Muela, li tla koaloa **HO TLOHA KA KHOELI EA MPHALANE 2024 HO ISA KHOELING EA TLHAKUBELE 2025**, ka lebaka la litokiso. Nakong ena, phetiso ea metsi ho tloha Lesotho ho ea Afrika Boroa e tla emisa, 'me le Setsi sa Phehlo ea Motlakase se tla sitoa ho fehla motlakase.

RE TŠEHETSA BACHA



Lipoli tsa nama le lebese.

lebese le nama ka Sekolong se Seholo sa Temo, 'me ka qala ho li rua ka selemo sa 2019 ho fihlela hona joale. **Sepheo sa hau ke sefe?** Hantle sethathong sepheo

ho etsa hore lapeng ba se ke ba sokola lijelello. **Ho ile ha etsahala joang hore u tle u qetelle u kene khoebong?** Ntho e kholo e ileng ea etsa

ke taba ea hore ha ke ntse ke etsa lipatlisiso ka botebo, ke ile ka fumana hore e hlile ho na le tlhoko e kholo ea lebese la lipoli le nama. Lebese la lipoli le bohlokoa

ha se liphoofole tse ruihong ka bongata Lesotho mona joaloka linaheng tse ling. Ka boela ka ithuta hore 'maraka o teng, ke ha ke tla qetella ke fetohela khoebong e ka mphelisang.

U ile oa qala joang ha u se u kene khoebong?

Lipoli ke lintho tse fepehang le ho hlokomeleha ha bonolo, hape ha se liphoofole tse khathatsoang ke mafu a mangata kaha li e-ja ntho e 'ngoe le e 'ngoe. Ka lemoha hore ke liphoofole tseo nka iphelisang ka tsona kaha ha li na litšenyehelo tse ngata. Lipoli tse hore mocha a li rue ha li hloke sebaka se seholo haholo.

U qalile ka lipoli tse kae?

Ke qalile ka lipoli tse hlano e le 'ngoe e tona le tse 'ne tse tšehali, 'me ka hlaba tse ling ka rekisa nama. Ke setse ka tsona tse hlano hajoale.

Tabeng ea phepo na hona le lijo tse khethehileng?

Ho joalo, ho na le lijo tse khethehileng tsa tsona tse etsang hore li be le lebese le lengata le nama e ntle. Empa khotlaletso ke hore li je joang kapa lesere. Lijo tsa teng motho h'a lokele ho li fepa tsona haholo, empa a ka li fepa hora pele a hama lebese.

Ntle le lebese le nama na ho na le lihlahisoa tse ling tse fumanehang ho lipoli?

Lipoli ha ho na ntho e lahoang eo re ka reng ha e-na thuso, ha feela mocha ea e ruihong a tseba hantle ka eona. Likahare tsa eona kea li hloekisa ke li tšela lipolasitiking ka makhethe ke rekisetsa batho ka bo mong le ba il'o rekisa. Ka tsela e tšoanang le maoto, hlooho 'moho le lekoko.

Keletso ke efe ho bacha?

Ke hlokometse hore ho na le bacha ba seng ba ntse ba itahletse ka setotsoana leruong la liphoofole, 'me ke re ho bona ba tšoare ba tiise metseng ea habo bona moo ba phelang teng. Ba rue lipoli tsa lebese ka bongata ba tsebe ho iphelisa, ba bang ba ruile tse hlahisang boea, 'me ba tšoare ka thata haholo toantšong ea tlhokahalo ea mesebetsi. Mamati a butsoe ba ka tla ra tla thakelana ka malebela.

Tšeliso Thakholi

Lerato la leruo la liphoofole ho bonahala le ntse le phahama kahare ho bacha, kaha ho se ho e-na le bacha ba bangata ba ntseng ba kena khoebong ea leruo lena ka bongata bo boholo. Hara liphoofole tseo bacha ba itahletseng khoebong ka tsona ke leruo la limmutlanyane le lipoli tsa lebese le nama. Tšepiso Mahloane oa Khubetsoana, Berea, ke morui oa lipoli tsa lebese le nama, 'me o re qoqela ka bohlokoa ba tsona le hore na eena o qalile ho kae ka bohlahisi ba tsona.

U qalile neng ka leruo la lipoli?

Ke qalile khale haholo ka lona ke sa le ngoana, lapeng ho ne ho ruiloe linku le lipoli tsona tsa Sesotho tse hlahisang boea feela. Joale 'na ke ne ke hlokomela lipoli 'me ntate a ntšoaela lipoli tsa ka. Lerato lena la lipoli la 'na la tota, empa ha ke ntse ke ea sekolong ka li tlhela. Le ha ho le joalo ha ke qeta sekolong ke ile ka ea thupelong ea leruo la lipoli tsa



Lipoli tsa boea.

sa ka sa mantlha e ne e le ho ja lebese le nama, e le

hore ke kene khoebong ena ea leruo la lipoli tsa lebese,

haholo bophelong ba rona. Ka boela ka fumana hore

NACDOL e fereha baetapele

Nthabeleng Seitlheko

Ele ho matlafatsa thuto ea bana ba likonyana Linaheng tsa hloahloa e ka Boroa ho Afrika (SADC), NACDOL e tsoara 'moka oa khohola-koqo, o reretsoeng ho tsohla ntlafalo ea thuto ea bana ba likonyana kahar'a naha le linaheng tse ling, molemong oa thuto e anelang bana bohle. Tsena li boletsoe ke Mookameli oa Meralo le liphatlalatsa (NACDOL), Ma-Lord Mefane, puisanong le Koranta ka la 14 Phato monongoaha.

O bontšitse hore 'moka ona o buletsoe batho bohle ba nang le thahasello litabeng tsa thuto ea bana ba likonyana, 'me o hlalosa hore ho fihlela ha joale ba se ba fihletse 40% ea batho

konyana kaha ha joale ho se ho ekelitsoe likolo tse 68, 'me morero ke hore li anele naha ka bophara. O re bothata bo tjametseng Naha ea Lesotho le linaha tse ling ke tlhokahalo ea chelete e matlafatsang likolo tsena hobane e kenang khakanyong ea lichelete selemo le selemo e abeloa likolo tsa likonyana ke 0.2% eo boholo ba eona e fellang ho bookameli kaha e le tlhoko.

Mefane o re ba ntse ba sebetsa ka thata hore paramente e utloisise tlhoko ea chelete, ka hona e nyolloe molemong oa ntlafalo ea thuto. Ho feta mona ho hlola qholotso ea tlhokahalo ea likolo tsa likonyana metseng, ba khotaletsa sechaba ho ithehela likolo tsa sona, moo se tla ba le lentsoe le ho ipehela litefiso tse tla ba lekana mesikaro.

O re e bang sechaba se theha likolo tse joalo li lokele ho ngolisoa ka molao, li

ho tla fereha baetapele ba sechaba, e leng matona a tla nka karolo 'mokeng ona ho hlaha linaheng tse ling le kahar'a Naha ea Lesotho, ho susumetsa hore ho kenngoe tšebetsong leano la litaba tsa likolo tsa likonyana leo linaha li tla ipapisa ka lona, molemong oa ponaletso. A re ba boetse ba tla thakelana ka malebela le linaha tse ling ho bona hore ba hlola liqholotso tse tobileng litaba tsa thuto ea bana likolong.

H'a phethela o kothalelitse Basotho ho isa bana likolong haholo tsa 'muso, hobane thuto e sa lefelloeng e teng, 'me bona e le NACDOL ka thuto ea bafani ba ntse ba atleha ho ts'ehetsa likolo ka lithepa ho matlafatsa likolo tse joalo ho latela tlhoko ea tsona.

E 'ngoe ea litichere tsa likolonyana Kamohele Molise, o supile hore ke qholotso e kholo ho ruta bana ba hlohang lisebelisoa kaha ba sa lekane mala-

peng, 'me ketsahalo ena ba be ba qetelle ba kenya matsoho lipokothong litichere etsa letsoho la monna. O re 'muso o tlameha ho jela phate kaha ka linako tse ling bana ba bang ba hloka le liparo tsa sekolo.

O re ke boikarabelo ba batho bohle ho matlafatsa thuto 'me o thoholelitse NACDOL ka 'moka ona hore o tlo ba tsosolosa e le litichere hobane ka ona, ba tlo tseba ho imatlafatsa le ho ntlafala likelellong.

SECTION-2 e itela ho 'muso

Nthabeleng Seitlheko

Muso oa Lesotho o lokele ho ela hloko litaba tsa bacha haholo tlhahiso ea mesebetsi le ho tla ka maa-no a ba bulelang mamati kaha sena se ka thusa khutlisa khotso le botsitso ba naha hobane boholo ba bona ba tlakotsing. Tsena li boletsoe ke Mongoli oa SECTION-2, Rapuseletso Sekabi, puisanong le Koranta ka la 14 Phato monongoaha.

O re Naha ea Lesotho e keteka Letsatsi la Lefatše la Bacha nakong eo bacha ba tobaneng le liphephetso tse ngata, haholo tlhokahalo ea mesebetsi le tlala. O re boemo bona bo boima hobane ha bacha ba sa khotsofala, ba lula ba qheleloa ka thoko liqetong tse kholo, ho se motho ea ba natsang 'me seo se ka baka khalefo ka lebaka leo ba pusong kajeno ba ba mamele.

O supile hore e le mokhatlo ba ema le bacha hore baetapele ba lemohe matla ao ba nang le ona, kaha ebile e le baetapele ba kamoso empa boholo ba bona ba fetotsoe lisebelisoa kaha ba sa fuoe letho le ba ntšetsang pele. A re ba eleletsoe Lenaneo la Sebatatso le reretsoeng ho kenyeletsa bacha litabeng tsa khoebo machabeng haholo temo le bohahlauli, 'me tsena ke tšia e bonahalang ea moo litoro li tsamaeang le liketso.

A re ho bile le mananeo a mangata linakong tsa ho feta ao ba sa tsebenng moo a feletseng teng, le hoja Sebatatso se e-s'o be le sele-



mo empa bacha ba se ntse ba imona menoana. Leha ho le joalo o re se fihla nakong eo boholo ba bacha ba tobaneng le liqholotso tse ngata joaloka tlala.

O re 50% ea bacha e tlokotsing ea tlala, ha 25% e phela tlasa khatello e matla ea tlala 'me ba re lenaneo lena le ke ke la bonahala le beha litholoana, hobane boholo ba sechaba bo bothateng. O re Lesotho papisong le linaha tsa SACU chelete eo le e fumanang e qephile, 'me taba ena e tlisa pherekano e kholo ho Basotho hobane ke moo boholo ba khakanyo ea lichelete ea selemo le selemo bo itšetlehileng teng.

Are ha joale re mateanyetsona a litsela 'me muso o na le ketho tse peli; ea ho se arabele litlhoko tsa bacha

empa kamoso taba eo e tla tlisa likharuru Naheng ea Lesotho kapa o matlafatse e le hore bokamoso ba bona bo khanye, ebile seo se ka tsoalla naha namane e tsehali ea boela ea tlisa khotso kaha ha batho ba sebetsa monyetla oa hore batho ba ka kena litlolong tsa molao e fokola.

H'a phethela o itse bacha ke baetapele ba hona joale, ke bona ba ka tlisang liphe-toho, hobane ba lokela ho jala ba tsebe ho ja litholoana tse hlabosehang. Ka lebaka leo ba fuoe monyetla oa ho ba le lentsoe 'me le lona le mameloe, joaloka bohle ba etsa meralo ba le fe tsebe.

'Moko taba oa selemo sena oa ketekelo ea Letsatsi la Lefatše la Bacha ke 'bacha ba sebelise marang-rang ho intlafatsa.'



ba seng ba ingoliselitse ho tla ba karolo ea 'moka ona, o tla tsoaroa ka Pulungoana monongoaha. O re ba ikemiselitse ho sebetsa ka thata ho bona hore thuto ea bana e ntlafala ka litsela tsohle, ebile e anela le bana bohle metseng e fakaneng.

O re esale ba kene tšebetsong ena 'Muso oa Lesotho o tsoere ka matla ntlafalong ea thuto ea ngoana oa

tsebahale e le hore ba tsebe ho fumana tlatsetso ea lijo tsa baithuti le litlhoko tsa sekolo ka kakaretso. A khotaletsa bacha ho kena sekolo ba tsebe ho ithutela litaba tsa bana haholo kaha e le tlhoko, 'me ka tsona ba ka tseba ho ithehela mosebetsi, kapa ba ikopanya ba iketsetsa likolo.

O boletse hore morero o moholo 'mokeng ona ke

TB baneng ke 6%

Nthabeleng Seitheko

Mokoetlisi oa Litaba tsa Lefuba Baneng Lekaleng la Bophelo 'Matlotliso Khesa, o re lingaka le baoki ba lokela ho ela hloko matšoao a Lefuba(TB) baneng, le ho lemoha hore le lengata baneng bohle ka hona ba hlahlojoe ka matla. O boletse tsena, ha ho koaloa thupelo e neng e tšoaretsoe lingaka le baoki ho hlaha linaheng tse 10 tsa Afrika, litabeng tsa Lefuba ka la 9 Phato monongoaha.

O re Mokhatlo oa Lefatše shebaneng le Litaba tsa Lefuba o lebeletse hore ba fumane 5 ho isa ho 15% ea bana kahar'a lipalo tsa batho ba baholo ba nang le lefuba hobane ba tla e tšoaretsoa ke batsoali ba bona, 'me Lesotho le boemong ba 6% ho ea ka tlaleho e ntšoang selemo le selemo litabeng tsa TB. A re lebaka le entseng ba be le koetliso ke hobane ba bone hore lingaka le baoki ha ba nahane haholo ka lefuba ha ba bona ngoana.

O itse matšoao a TB ho

batho ba baholo ke ho fufuleloa bosiu, ho khohlela le ho theoha 'meleng ebe baneng ke ho hloka takatso ea lijo, ho se bapale hantle le ho theoha 'meleng. A re ba eleletsoe hore hangata ha ngoana a fihla setsing a theohile 'meleng ha se hangata ba nahanang TB empa ba naha mafu a mang joaloka sefuba.

A re morero ke hore bohle ba koetlisoeng ba il'o koetlisa lingaka le baoki literekeng tse ling hore ba utloisise ka litaba TB le bana le mekhoha ea ho hlahloba ngoana. O re TB e teng baneng ba banyenya-

ne 'me ha ngata ha motho a e-na le eona bohle ba phelang le eena ba ee setsing ho e hlahlobela, hape ba phelang le mokuli ea joalo ka tlung haholo bana ba lilemo li ka tlase ho 14 ba fuaa litlhare tse thibelang.

O re ngoana e mong le e mong ea hlahetseng Setsing sa Bophelo o tlameha ho fuaa Ente ea Tlaha(B-CG) e thusang ho thibela lefuba le tebileng la boko le mokokotlo, ke ka hoo bohle ba ntseng ba tšoaroa ke la matšoao. A etsa tlhokomeliso ea hore bana ba lilemong tsa bocha ba monyetleng oa ho tšoaretsoa ke lefuba 'me



ha ngaoana a fumanoa e-na le lona ba ho etela sekolo se joalo, ho hlahloba baithuti ba haufi le eena ba ntse ba bolokiloe lekunutu la bokulo ba moithuti ea joalo.

Ka lehlakoreng le leng, Dr. Llang Maama o supile hore ba lokela ho tla ka tharollo ho pholosa bana boemong bona ka hona a ipiletsa ho bohle ho hlahlobela TB haholo ba lulang le bana. O re leha ho e-na le mekhoha ea sejoale-joale ea ho hlahloba TB empa ho bohlokoa hore baoki le lingaka ba tsebe ho bala lefuba baneng kapa ho tseba matšao a lona ka bo-tebo.

Setsebi Litabeng tsa Lefuba(Paediatrician) Dr. Nkuranga John Baptist, o hlalositse hore lefuba le teng baneng le lengata ka hona thuto e lokela ho anetsoa ho lingakeng, boking le basebeletsi ba tsa bophelo metseng hore e fihle sechabeng. A re basebeletsi ba tsa bophelo ha ba koetlisoeng hoo ho tla thusa hore sechaba se bolokehe.



Love forms an important part of our humanity. Good and enjoyable as love is, often times love relationships are marred by a lot of negativity. The million Maloti question now is, how can something so beautiful, that all our hearts desire be so painful and miserable? Let us try to put things into perspective, try and make sense of it. We get attracted to each other for a particular reason, be it physical structure, intellect, social status, whatever got us attracted to each other at that particular stage. We commence a relationship, once in a relationship, what got us attracted to each other losses it's meaning, we start looking for perfection in our partners, we stop celebrating

Genuinity over perfection

what we first saw, we look for what is lacking rather than celebrating strengths. We are actually looking for perfection not genuinity, if people do things genuinely our inclination will be on the faults within that genuine act, even though this partner tried certain things genuinely our biggest worry is they are not perfect.

Our obsessions with perfection ruins the potential of enjoying a genuine relationship. I wish we could understand the concept of perfect in imperfections, appreciate the effort, magnify the good while we try and minimise the focus on the shortcomings. If we can teach our brains to focus on the strengths of our partners,



our brains will only understand the point of focus to be looking for the good in people, the brain begins to recognise the good as the only thing important, our partners' imperfections are never magnified.

I believe this way the genuinity of love can be reached, when we love each other without the fear of being marked as though we are constantly having to prove ourselves, have to pass the audition, if we feel this way the relationship becomes an act. The feelings are detached, emotions not connected, eventually, hurting becomes normal. We should try and be genuine and forget perfection.

E ba karolo lekhetlo la pele

Nthabeleng Seithleko

Baithuti ba tšeletseng ba emela Naha ea Lesotho litholisanong tsa lithuto tsa mahlale, ka ho khetholoha lipalo kaha e ntse e le qholotso e tšametseng baithuti ba 'maloa. Litaba tsena li boletsoe ke President ea Mokhatlo oa Lithuto tsa Mahlale le Lipalo (LSMTA) Keketso Leteba, puisanong le Koranta ka la 14 Phato monongoaha.

O itse litholisanano tsena li tšoaroa ke PAN African Mathematics Olympiad 'me tsona li tšoaroa selemo le selemo tlasa botataisi ba African Mathemat-

ical Union (AMU) ho matlafatsa boqapi le mahlale ho baithuti le litichere, ka hona Afrika 'moka o tšoaretsoe Unifisithing ea Wits Naheng ea Afrika Boroa ho tloha ka la 13 ho isa la 20 Phato monongoaha.

A re naha ka 'ngoe e romela boemeli ba baithuti ba tšeletseng, bahlankana ba bararo le baroetsana ba bararo, 'me boemeli ba Lesotho bo hlaha Likolong tsa Likileng English Medium School se fumanehang Seterekeng sa Butha-Buthe, Sekolo se Phahameng sa Methodist Seterekeng sa Berea, Maseru Private Academy e Seterekeng



sa Maseru, St. Stephen's High School e Seterekeng sa Mohale's Hoek, Sekolo se Phahameng sa Sekonyela se Seterekeng sa Mokhotlong 'moho le se Phahameng sa Bocheletsane ho tsoa Seterekeng sa Thaba-Tseka. Baithuti bana ba khethiloe kamor'a hore LSMTA e tšoare o National Mathematics Olympiad eaba ho khethoa ba tšeletseng ba ipabotseng.

O supile ha e se lekhetlo la pele Naha ea Lesotho e nka karolo litholisanong tsena, empa li boea sekoale tjena kamor'a ho emisa ka lebaka la seoa sa COVID-19. O hlalosa ha taba ena e tl'oa thusa ha-

holo, kaha baithuti ba bona ba tla kopana le ba linaha tse ling ho hlahlellana ka malebela le ho matlafatsana ka litsebo.

A re tebello ke hore hang ha baithuti bao ba khutla ba tl'oa arolelana le ba bang, seo ba ithutileng sona, ho ba kenya moea oa lerato la lipalo le ho ba thusa ho sebetsa ka thata. O re ba lumela hore ketso eo e tla phahamisana morolo ea lipalo ho baithuti e le hore ba qetelle ba sebetsa hantle ho sona.

O tsoetsepele hore taba ea thuto ea lipalo ehlile e ntse le qholotso kaha ho tloha liphe-thong tsa LGCSE esale li bonahala li sa sebetsa hantle. Ka hona e le mokhatlo o re ba tšoere kathata ho bona hore ba phahamisana tšebetso thutong ena, ka ho bontša bana menyetla ea ho ithuta lipalo le bohlokoa ba tsona bophelong ba letsatsi le letsatsi.

A re ho tšoara litholisanano tse kang lithuto tsa mahlale ho thusa bana ho matlafala le ho atolosa boqapi ba bona. A re ba boetse ba tl'oa tšoara lipontšuo tsa BOLESWA STEM Expo, tse kenyeletsang lipalo le lipontšuo tsa mahlale tsa Naha ea Botswana, Lesotho le Eswatini tse tla ba ka la 16 ho isa la 21 Loetse monongoaha.

H'a phethela o ipilelitse ho baithuti ho phamolela lithuto tsa mahlale holimo hobane li tl'oa thusa ho atleha, ho matlafatsa litsebo tsa bona ka katleho le ho fihlela litoro tsa bona. O re re phela lefatšeng le hlo-kang lipalo le boqapi ka hona batsoali ba khotlaetse bana ho sebetsa ka thata lipalong le lithutong tsa mahlale ho thusa hore qetellong re be le barutehi ba bangata lithutong tseo le mesebetsi e hlahe. A re ha ho naha e ka atlehang meralong ea eona ka thoko ho tšebeliso ea mahlale, ka hoo sekheo sena se lokela ho koaloa ka tšehetso ea mahlakore ohle kaha ho tla thusa le ntlafalong ea naha.

Sesiu se'a qhaloa

Nthabeleng Seithleko

Komisi e Ikemetseng ea Likhetho (IEC) e thakhotse ka molao, ngoliso bocha ea bakhethi bohle ba le lilemo li 18, ka tšebeliso ea marang-rang. Tsena o li hlalositse ke Motsamaisi oa likhetho IEC Mphaiphele Maqutu 'mokeng oa bo-ralitaba, ka la 9 Phato monongaoaha.

O hlalositse hore naha ea Lesotho e na le lilemo tse 23 e na le lenane la bakhethi le e-s'o qhaloe, 'me linaheng tse ling

sesiu se qhaloa kamor'a lilemo tse ling le tseng tse hlano. A re ba ile ba itlama moralong oa bona hore ba tla ahela Basotho sesiu sa likhetho se secha, 'me ba leetong ba tšoarane ka matsoho le Mekhatlo e Ikemetseng, le Lekala la tsa Lehae, Sepole-sa le Borena hobane ba tl'oa aha sesiu sena ba sebelisa tokomane ea boitsebiso. A re ba hlokometse hore bosebeletsi bo nepahale ba lokela ho etsa mosebetsi ka kopanelo, ka hoo ba se ba tlabotse selekane le lekala le amehang hore Mo-

sotho e mong le e mong a be le tokomane ea boitsebiso.

A re ba ntse ba etsa ngoliso le ho batho ba se nang mehala ea thekeng, 'me ho tloha ka 'Mantaha oa la 12, moo Basotho bohle ba kopaneng ekaba ka lipitso, mekete kapa likopano tsa motseng ha feela ba ka tsebisoa. O itse tšepo ea bona ke hore taba ena e tl'oa etsa hore ba be le sesiu se matlafetseng, se hloekileng hobane ho latela tšebetso ea bona ha motho a hlokaetse o tla ntšoa ha bobebe kahar'a sesiu hobane a tlalehile lefu.

O re ba se ba se buile le bo-ralipolotiki ka komiti ea bona, 'me bona ba lumetse hore nako e fihlile ea hore ba ananele ho sebetsa ka tokomane ea boitsebiso. A re ha b'a lebella hore ho be le Basotho ba sa ananeleng taba ena, ka hona ba tl'oa rala taba ea lisebelisoa hore ba tsebe ho khahlametsa sechaba ka lits'ebeletso.

Mookameli oa Liphatlalatsa IEC Tuoe Hantši, o supile hore molao oa 2011 o'a bontša hore na tokomane ea boitsebiso ke efe, ka hona ba bone ho le bohlokoa hore ho sebeliso

eona, 'me leha ekaba ea fellowa ke nako motho o lumeletsoe ho ngolisa hobane nomoro ea eona e lula e le ea motho eo ka ho sa feleng.

A re ba ne ba e-na le bakhethi ba ingolisitseng le IEC ba ka bang 1.4 million, eaba ho khetha feela ba kaholimo ho 500,000. A re ba tl'oa hloekisa lenane hore motho e mong le e mong a tle ka tokomane ea boitsebiso, liofising tsa mabatooa le mohala oa thekeng kaha li tl'oa sebelisoa 'moho.

O itse bohle ba ngolise hobane ngoliso e etsoa ka marang-rang, 'me ba entse tsena tsohle ho khahlametsa bacha ba sebelisang marang-rang kamehla le ho atametsa lits'ebeletso sechabeng.

Moetapele oa BCM Molibeli Soro, o thoholelitse mohato ona ka hore o tl'oa bolokela batho nako le litšebeletso li tla fumaneha habonolo. A re seo ba se hloka ke botšepahi ho IEC ho etsa bonnete ba hore marang-rang a bona a sebetsa hantle molemong oa phano ea litšebeletso e hlakileng ho sechaba. O re linaheng tse tsoetseng pele batho ba se ba khetha le ka marang-rang, ka hona ke hantle ha Lesotho le ntlafala joaloka linaheng tse ling.



Maparamente a k'a lumellana

Nthabeleng Seitlheko

Letona la Toka le Molao Mohlomphehi Richard Ramoetsi o kopile hore setšoantšo sa molao sa sehlomathiso sa leshome sa Molao oa Motheo, se baloe lekhetlo la bobeli kahare ho ntlo. Tsena li hlahetse tulong ea paramente ea la 14 Phato monongoaha.

Ha fana ka mabaka, o itse lihlomathiso tse hlahang kahare ho setšoantšo seo, li kolla maikutlong a sechaba sa Basotho, ka mosebetsi o entsoeng ke National Reforms Authority le bohle ba kentseng letsoho ho bona hore o ea phethahala.

A re setšoantšo sena har'a lihlomathiso tsa bohlokoa tse hlahang kahare ho sona, ho kenyeletsa taba ea hore lipuo tsa isiXhoza le Isiphuthi, e be lipuo tsa molao tsa Naha ea Lesotho. O tsoetsepele hore se boetse se hlakisitse hore na ha paramente e qhaliloe, 'muso oa botšoareli o lokelela ho ba ka sebopeho sefe, ho fihlela ho khethiloe tona-kholo e ncha.

O phethetse ka hore ho thehoa ha Komisi ea Litokelo tsa Mantlha tsa Botho, komisi ea meralo ea naha hammoho le ea meropotso

le meputso ea bahlanka ba paramente, ho tloha holimo ho ea tsoa tlase, ke e 'ngoe ea litaba tsa bohlokoa tse hlahang kahar'a setšoantšo sena.

Moetapele oa Lekhotla la Sechaba (DC) e bile e le Moetapele oa Bohanyetisi Mathibeli Mokhothu o tlatsitse Letona la Toka le Molao 'me o itse pele ho tlhopho-bocha, Tona-Kholo e ne e khethoa ka tsela e sa hlakang empa setšoantšo sa molao sa sehlomathiso sa leshome sa Molao oa Motheo se t'lo lumella

maparamente ho otloha taba ea ho khethoa ha Tona-Kholo.

O re setšoantšo sena se setle hobane se matlafatsa bo-mmamolisa-lipela ba puso ea sechaba ka sechaba joaloka Ofisi ea Monamoli, Komisi ea Litokelo tsa Mantlha tsa Botho, Setsi sa Toantšo ea Bobolu le Bomenene le ea Mohlahlobi oa Libuka tsa 'Muso.

Ho ea ka setšoantšo Ofisi ea Mohlahlobi oa Libuka tsa 'Muso e se e t'lo ikarabella Ntlong ea Bakhethoa. O re ka tsela e tsoanang, Ofisi

ea Mochochisi e Moholo oa Linyeoe le eona e se e t'lo ikemela 'me le matla a eona a eketsehile kaha e bile e t'lo fetoloa le lebitso.

O phethetse ka ho ipiletsa ho litho hore pele ntlo e tšohla litemana tse hlokolosi tse amang Botlotlehi, li ke li kopane ka thoko ho ntlo pele molemong oa hore ha ba fihla tulong, ho se be le likhang tse tla etsa sechaba se hlome e ka litho ha li hlomphe borena ba naha ena.

Moetapele oa PFD e bile e le letona la mehlang la

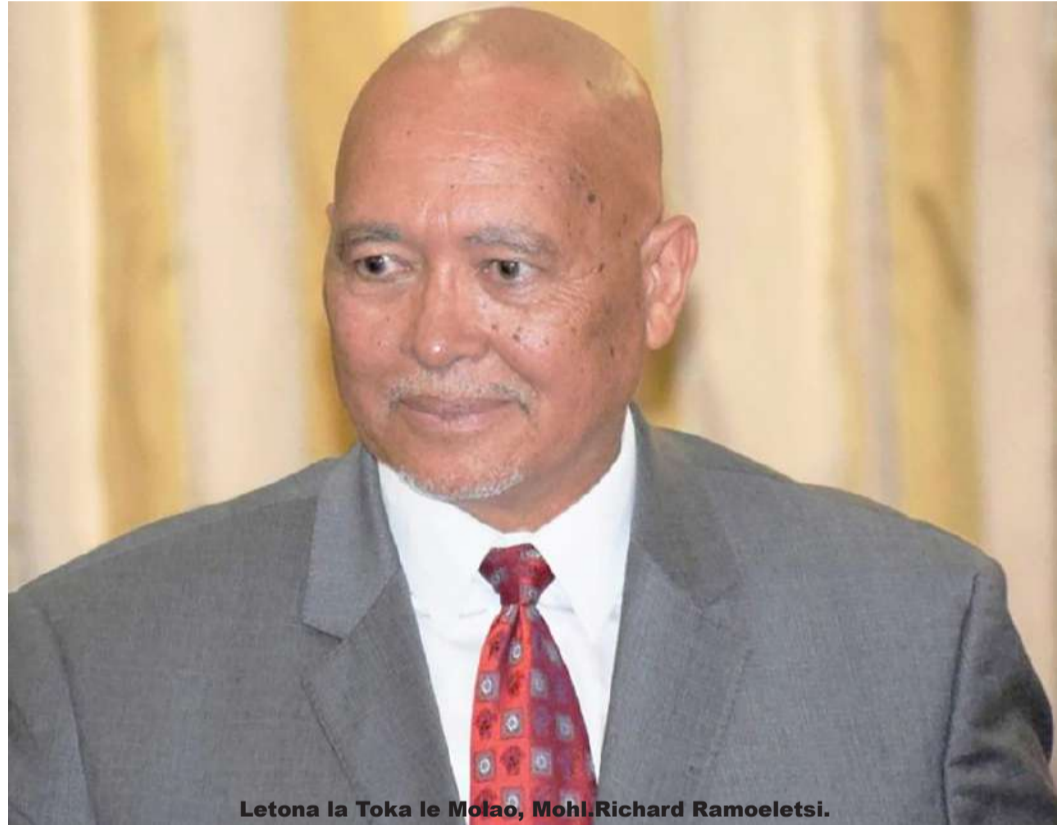
Toka le Molao Adv. Lekhetlo Rakuoane, o itse setšoantšo sena se t'lo thusa Ofisi ea Tona-Kholo khethong ea liofisiri tse kholo tsa 'muso hore ba kene mosebetsing ka litsebo le bokhoni ho feta lipolotiki.

A re ho etsa molao ho litjeo li phahameng, ka hona ntlo e lokela ho ikeletsa hore e boele e be le matla a ho tsosa melao kaha lekhotla le se le e amohile matla a joalo 'me matla ao, a kolle kahare ho Molao oa Motheo.

A ipiletsa ho paramente ho fetisa setšoantšo seo sa molao ka potlako hore ho t'lo lokisetsoa melao e lokelang ho e kenya ts'ebetsong.

Ka tsela e tsšanang, Letona la Matla Prof. Nqosa Mahao, o itse mohato oa ho kenyeletsa lipuo tse peli tsa lichaba tseo eleng karolo ea sechaba sa Basotho kahare ho Molao oa Notheo oa naha, ke bopaki ba naha e hatetseng pele.

A re borena ke lelomolo la Basotho ka hona, ho ntlafatsoa ha bona, ho t'lo potlakisa litšebeliso ho sechaba. A re Komisi ea Litokelo tsa Mantlha tsa Botho, e hloesetsoe holimo kahare ho Molao oa Motheo kaha esale Basotho ba e tsetselela le machaba ho latela nalane e bolutu ea lipolotiki tsa Lesotho.



Letona la Toka le Molao, Mohl. Richard Ramoetsi.

Lesotho le pokothela \$1.2Millione

Nthabeleng Seitlheko

Muso oa Lesotho o tenketse \$1.27Millione, ka thuso ea 'Muso oa Japan le Mokhatlo oa Lefatše oa Lijo(WFP) e reretsoeng ho tšehetsa baithuti ba 50,000 likolong tsa likonyana tse 2,400, naha ka bophara ka litaba tsa phepo e ntlafetseng. Tsena li hlahetse 'mokeng oa bo-ralitaba ka la 14 Phato monongoaha.

Letona la tsa Machabeng Mohlomphehi Lejone Mpotjoane, o hlalositse hore ke Basotho ba kaholimo ho milione ba tjametsoeng ke tšala ea boja-likata, ka lebaka la komello e ileng ea otlala naha mathoasong a selemo. O re taba ena e ile ea phatlalatsa ke Tona-Kholo Samuel Ntsoakoane Matekane e le qomatsi 'me a kopa linaha ho ba tšehetsa haholo tse nang le setsoalle le Naha ea Lesotho. O re thuso ena e t'lo tliša phetoho haholo

ho bana ba hloakang, kaha ba tla nolofalloa ke ho kena sekolo joaloka bana bohle.

Mofumahali Thuto Ntšekhe Makhele Lebitsong la Letona la Thuto, o supile hore lithuso tsena li t'lo arabela litaba tsa phepo e ntlafetseng baneng, ho qoba bokakachelana boo e leng qholotso ha joale le ho tsoa sekolo ka lehare ha barutoana hobane ba hloka seo ba se jang.

Moemeli oa 'Muso oa Japan Mohlomphehi Ushio Shigery, o hlalositse hore esale 'Muso oa Lesotho o na le tšebeliso 'moho le bona ho tloha ka selemo sa 2014, ka hona thuso ena e t'lo matlafatsa kholo ea ngoana e nepahetseng, 'me Lesotho e tla ba naha e holang hantle. A re ba motlotlo ho tšehetsa Lesotho haholo mererong e amanang le bana kaha seo se tla thusa hore kholo e matlafetseng ea bana e be teng.

Moemeli oa Mokhatlo oa Lefatše oa Lijo(WFP) Aurora Rusisa, o babalitse

'Muso oa Japan ka le reng ke letsoho le letona la WFP ho fihlela lipehelo tsa ntšetsopele ea moshoelella tsa ho fenyha tšala. A re bana ba bangata ba tsoang malapeng a tlokotsing ba tobane le bothata ba phepo e fosa-

hantseng ka lebaka lena tšehetso ena e tlo thusa hore ba je hantle.

A re 'muso oa Lesotho o hlalositse ha litereke tsohle tsa Lesotho li le tlokotsing, ho tloha ka khoeli ea Mphalane monongoaha ho

fihlela ka Tihakubele 2029, ka hoo thuso ena e tla be e ntse e le teng. O itse o na le mohato oa ho kenya letsoho ho arabela tlhoko le kopo ea 'Muso oa Lesotho litabeng tsa tšala e tjametseng malapa.



A Mosotho child; the future of Lesotho

Lesotho's educational standards have drastically dropped recently, which is extremely concerning for the future of the country. The low pay that our hardworking teachers receive is the primary source of this situation. Many teachers who are compelled to take out loans in order to make ends meet wind up with nothing at the end of the month, which causes them great stress and unstable finances. As a result, teachers frequently turn to launching side ventures to augment their income, such as chicken farms. A crucial point is brought up by this catastrophic situation: How can we expect teachers to concentrate and function as competent educators under such circumstances?

Effects on Education and Prospects for the Future

This reduction in education has serious repercussions. A teacher who is financially burdened and under stress is unable to give their all in the classroom. It becomes impossible to achieve the holistic approach to teaching and



learning, which is crucial for a Mosotho child's overall development. As a result, pupils leave the educational system lacking the information and abilities they will need to succeed in the future.

This education gap is especially concerning in the Fourth Industrial Revolution period, when robotics, artificial intelligence, and STEM (Science, Technology, Engineering, and Mathematics) areas are becoming more and more prevalent. Our capacity to equip

our kids for these cutting-edge industries will determine how prosperous Lesotho becomes in the future.

Ways to Solve for a Better Future

It is imperative that we take a multifaceted approach to solving this urgent issue:

Raise Teacher Salaries: Raising teacher pay to a living wage must be the government's top priority. Teachers will be less stressed financially as a result, freeing them up to concentrate on teaching the next genera-

tion.

Professional Development: Teachers should have access to chances for ongoing professional development. This will enable them to keep up with the most recent developments in technology and teaching techniques, enabling them to provide their pupils with knowledge that is both pertinent and up to date.

Investing in improved school infrastructure, which includes providing students with access to technology, will foster a positive learning atmosphere. Students will be able to interact with cutting-edge teaching resources and tools as a result, becoming ready for careers in robotics, artificial intelligence, and STEM sectors.

Support from the Community and Government: Promoting education requires the active participation of both the community and the government. While government policies should prioritize long-term educational reforms and investments, community involvement can help create a conducive

atmosphere for kids.

Encourage STEM Education: It's critical to spark children's curiosity in STEM fields at a young age. Students can develop a passion for STEM through specialized programs, workshops, and extracurricular activities, opening doors for future leaders and innovators in these industries.

In summary

A Mosotho child is, in fact, Lesotho's future. Making sure our kids get a top-notch education is an investment in our country's future as well as in each of their particular destinies. Our children will be well-prepared for the opportunities and challenges of the twenty-first century if we create a strong education system that tackles the underlying causes of the current educational crisis and puts comprehensive remedies into place. Together, let's help our educators, improve our educational system, and motivate the next generation. Lesotho's future is dependent upon it.

Lawrence Makhosane

Mental health matters

Taking care of our mental health is one other important aspect of our life that requires to be taken as personal responsibility. Mental and physical health are equally important components of overall health. Mental health includes our emotional, psychological, and social well-being. Our mental wellbeing affects how to respond to situations; our thinking, emotions and behaviour. It determines how we handle stress, relating to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. It needs as much attention as with physical health because eventually, it will become physical. Research says that stress accounts for many illnesses that are presented at the health facilities and is also among the first 6 causes of death globally. Lesotho has been noted by the World Health Organization as having the highest suicidal cases globally. It's not just numbers, it's people and their struggles. That number accounts for the number of people who have been noted

to have struggled psychologically for some time, until they could not take it anymore. This number signifies the number of people who are struggling with their mental health and those who are being affected by the behaviours of these patients. Often when we are wounded we bleed on the people that did not hurt us; our loved ones, people who care for us, people we care about, people we interact with, we get them wounded too and they wound others, and they wound us back. It becomes a vicious circle. This is because, when we are mentally wounded, our wounds are portrayed in our behaviours; we tap into our dark sides. We often become impatient, ruthless, too sensitive and overreact. We get to be very angry most times, irritable and don't want to be disturbed; our daily functioning is negatively affected. This kind of behaviour denies the people around us to experience love and joy. You cannot pour from an empty cup. You need to fill your cup first. Take care of your mental health. Instead of sharing joy and love, we infect them

with our bitterness, sadness and emotional outburst. For most people, before they find help, relationships have been broken, their dignity tainted, jobs and families lost and they are physically ill with lifetime illness like high blood pressure, heart problem, diabetes, arthritis or any other illness that would take a chance while the immune system was compromised by stress.

Many people are experiencing chronic stress, it has become the new norm, hence we have begun to believe that it is OKAY! And it has to stay like that. The feeling of intense sadness, anger and fear has become our new norm. Life is generally becoming more complex, we struggle or totally fail to have solutions, or at least better options to the challenges we face. This is even worse for teenagers and young adults as they are in the critical stage of defining their identity and forming relationships. This transition into adulthood requires stability, information and sense of security to allow them to strengthen their confidence and esteem, define their



values and set boundaries that they are able to communicate clearly with everyone. However, regardless of how long you have been living with these intense negative feelings, it's never too late to seek help and experience happiness

again. The advice is to intentionally & actively take action to take care of our mental health. It's best to start off by having the knowledge about it and how it can affect your life and of the significant others in your life. We need to know the relevant behaviour changes associated with mental problem. Take preventive measures, or seek help if we are already suffering even if it means going to mental health hospital (Mohlomi Hospital) to get medication. Mental health is preventable and treatable.

**'Matsebo Mosoeu
Psychological Counselor
at Mind.Body Wellness.**

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TSA KEREKE

Cecilia e ipeha sekaleng

Staff

Kopano Cecilia ea Halalelang Tikolohong e kholo ea Maseru ebile le boithuto, boikoetliso le boithlahlobo ba pina mekhahlelong e mene kaofela ho latela tsela eo li aroloang ka eona, 'Mishoneng oa Roma bosiu ka Moqebelo oa la 10 Phato monongoa-ha.

lerato la Jesu.

A re ho fihla tabeng eo ea boichoriso pineng e ntse e le sehlabelo hobane le eona pina e hloka mamello, lerato le boitelo. A re boichoriso ha se tlholisano empa ke boithuto le boikoetliso ba ho tseba pina, e le hore ba tsebe ho binela Morena ka makhethe le ka nyakallo. A re pina e ba tla boithhabo le boitokisetso.

A phethela ka ho re Mace-

mo ba bona ba ho binela Morena ka makhethe le ka nyakallo. A re Augustinus ea Halalelang o re ho bina ke ho rapela ha beli, ka hona a ba khothaletsa ho bina ka thabo le ka nyakallo kamehla.

Ebile limishone tse 24 kaofela li bile li kenyelelitse le makalana a tsona, 'me li pannoe ka tsela e latelang ho latela ka moo li bitsoang kateng, C Section e ne e le lihlopha tse 'ne ka sefela sa No 89 le Benedictus, Standard Section li bile hlano ka sefela sa No 40 le Glory to God on High, Large Section li bile robeli ka sefela sa No 58 le Gloria le Champions ka sefela sa No 151 le Holy Art Thou.

Li tsoile khoeleng ka tsela ena e latelang; mokhahlelong oa C Section ke St. Michael ea Roma, Standard Section St. Sabastian Mazenod, Large Section ke Sion Assumption, Champions ke Maria 'Maligrasia. Ho sa le joalo, Mofumahali oa Lefaatše e hlahile boemong ba bobeli ho Lichampion ebile e le lekhetlo la pele e ba mokhahlelong oo o kaholimo, 'me hona ho bontša kholo pineng le hore ha ho sehlopha se ka ipit-sang bompoli.



Litšebeliso li ile tsa qala ka Sehlabelo se Halalelang sa 'Missa, se neng se eteletsoe pele ke Rameea oa Tikoloho ea Kholo ea Maseru Fr. Thomas Letsepe OMI a tlatsetsoe Fr. Emmanuel Njezula OMI e le monga 'mishone. A re letsatsi la boithuto le tlile letsatsing leo ho ketekoang le ho hopola Modiakone Leronti ea neng a bolaoe ka sehloho, 'me o ts'oana hantle le Cecilia eo ebileng moshoele-tumelo ka hona b'a ts'oana ke bashoela tumelo. A bontša hore ho shoela tumelo ke ntlha e haufinyane le rona, 'me ha se fela ho therekella lefung empa ke ho khoramela le ho tsitlallela ho seo motho a se etsang ho fihlela a ka khona ho shoela tumelo ka ho itela ho isa lefung. A re batho ba ile ba etsa sehlabelo ka bophelo ba bona hobane ba ne ba sa batle ho arohana le

ceilia a bine ka nyakallo, e seng ho batla ho ba bahlo-li, empa ba hopole boitla-



2023-2024 SELEMO B

SONTAHA SA 20 HAR'A SELEMO

Maele 9,1-6

Pesalema 33

Ba-Efese 5,15-20

Joannes 6,51-59



Khothatso

Kopanong le Morena 'moho le Kereke

Lipalo tsa kajeno li fana ka keletso ea hore kaofela le loka-ho ba ntho e le 'ngoe le Morena, 'me sena se bolela hore ho ba le likamano tse ntle le eena le tlameha ho mamela melao ea hae. Ebe joale le boela le e-ba ntho e le 'ngoe le Kereke ka ho mamela lithuto tsohle tsa Kereke e Halalelang e Katholike e thehiloeng ke Kriste ka sebele sa hae. Joalokaha Kereke e tlamehile ho ruta balumeli thuto ea Kriste, le bona ka mokhoa o tsoanang ba tlanngoe ke tlhatsuo ho phela tumelo ea bona ba ipapisitse le lithuto tsa Kereke. Ka ho etsa joalo ba tla hola hantle le ka lerato lohle 'Meleng oa Kriste ka boinehelo ba letsatsi le letsatsi Kerekeng.

Lithuto tsa kajeno li bua ka bohlae le bothoto, 'me li le memela bohlae bo hlalosoang e le ho ba lijong le Morena. Bohlae bo le eletsa ho lokisa bophelo ba lona ka mabaka a mabeli; la pele e le hore le tsebe ho nka karolo lijong le Morena Pontšong ea Sakramente e Halalelang ea Eukariste le ho ba le kabelo lijong tsa Leholimo hobane le tla fumana pholoho ka Kriste Jesu.

Litaba tsa Thuto ea Pele boholo ba tsona li bontša ho hong, "Bohlale bo aha ntle..." ho bolelang hore Morena o qala 'Muso oa hae lefatšeng joalokaha a entse Leholimong. Ho mengoa bohle ba ikokobetsang hobane ba batla 'nete ka lipelo tsa bona tsohle. Likelello tsa bona joaloka tsa bana li amohela 'nete e le 'ngoe feela ea Kriste.

Moapostola Paulosi Thutong ea bobeli o le eellisoe hore ho na le phapano lipakeng tsa ho tseba thato ea Morena le ho e etsa, ho tsoana hantle leha liketso li sa tsoane le lipolelo. Balumeli bohle ba lumelang ho Kriste ba lokela ho bontša lerato la bona ho bana habo bona ka liketso e se lipolelo feela.

Bana ba Morena ba bilelitsoe ho tloa ke Moea, ho tlotlisa Morena lithong tsohle, ho bina lipesalema le lifela. Ana lona le tletse Moea? Le mamela melao ea Morena? Le hlatsuo 'me le amohela Sakramente ea Pako le Eukariste? Ho lehlohonolo bohle ba tseleng ena hobane kannete ba tla bona 'Muso oa Morena.

Morena Jesu Kriste Evangeling o re ke eena Bohobe ba Bophelo, "Ntle le hore u je 'Mele oa Mor'a Motho 'me u noe Mali a hae ha u na bophelo ka ho uena. Bohle ba jang nama ea ka 'me ba e-noa mali a ka ba na le bophelo bosafeleng 'me ke tla ba tsosa ka letsatsi la bofelo."

Bekeng ena bohle ha re nahaneng ka litaba tsa kopano ea rona le Morena 'moho le Kereke, likamano tsa rona le bana ba habo rona. Ha re sebeletseng ho busetsa linku tsohle tse seng ka sakeng; joaloka batho ba sa hlatsuoang kapa ba seng ba khathetse ba sa kene kereke. Atamelang bakriste ba sa amoheleng lisakramente, ba thuseng ho khutlelana le Morena Molimo, e le hore bohle le be ntho e le 'ngoe ho Morena le ho Kereke.

Bahalaleli har'a Beke

- 19 Phato John Eudes
- 20 Phato Lucius
- 21 Phato Pius X
- 22 Phato Athanasius
- 23 Phato Rose of Lima
- 24 Phato Bartholomew

Tšeliso Thakholi

Ha ho leha e se e le 'ngoe

Tšepo ea Naha ea Lesotho ea hore le ka hapa khau le ha e se e le 'ngoe lipapaling tsa Li-Olympic tse neng li tšoaretsoe Paris Naheng ea France ho tloha ka la 26 Phupu, ile ea fetoha lefeela-la-mafeela ha batšepuo ba lona Tebello Ramokongoana le Mokulubete Makatisi ba ne ba hlaha maemong a bospa le ba bo-31 ka tatellano mabelong a malele a 42km mafelong ana a beke e le lipapali tsa ho qetela tse phethelang.

Sena se etsahala kamor'a hore sebakali sa Lesotho sa Taekwondo, Michelle Tau ea sa tsoa tuma haholo ka papali ea hae e tsoileng matsoho a ileng a lahlehela ke papali ea

hae ea pele, eba o sitoa ho fetela ho makhaola-khang ho tseka Mentlele oa Khauta. Leha ho le joalo, ba bang ba bakoetlisi ba lipapali kahar'a naha, ba boletse hore sehlopha seo se neng se emetse Naha ea Lesotho, se lokela ho bolokoa se ntse se le joalo ho itokisetsa lipapali tse ling tse tlang tsa Li-Olympic tse tlang ho tsoareloa USA isao.

Ba tiisa hore ba na le tšepo e kholo ea hore sehlopha seo se ithutile tse ngata, 'me selemong se hlahlamang se tla tlela Basotho le limentlele. Ba leboha bohle ba kentseng letsoho ho bona hore sehlopha sena se ba le boikoetliso bo lekaneng.



Mohloli ha lipapali tsena li fihla pheletsong ka la Sontaha sa la 11 Phato ke Naha ea Amerika ka kakaretso ea limentlele tse 126, bobeling ea e-ba China ka limentlele tse 40, borarong ke Japan ka tse 45.

Athe Tikolohong ea Afrika Naha e ileng ea ithloma pele ke Kenya ka kakaretso ea limentlele 11, bobeling ea e-ba Afrika Boroa ka limentlele tse tšeletseng, borarong ea e-ba Egypt le Tunisia ka limentlele tse tharo naha ka 'ngoe, maemong a - bone ea e-ba Botswana le Uganda ka limentlele tse peli naha ka 'ngoe. Lipapali tse hlahlamang li tla tsoareloa Los Angeles, Amerika ka la 14 ho isa la 30 Phupu 2028.



Ke mokoetlisi oa Saudi Arabia

Tšeliso Thakholi

Mokoetlisi e Moholo oa Papali ea Litebele, e bile e le Moeletsi oa Komiti e Kholo e Tsamaisang Papali ea Litebele(LBA) kahare ho Naha, Monghali Sibusiso Keketsi o tlohile kahare ho naha mafelong ana a beke, ho leba Naheng ea Saudi Arabia moo a khethetsoeng ho ea ba mokoetlisi e mocha oa papali ea litebele.

Ho ea ka Raliphatlatso oa LBA Letšasa Taole, ke Mosotho oa pele papaling ea litebele oa ho fumana monyetla ona oa bohlokoa oa ho ba mokoetlisi oa litebele Naheng ea Saudi Arabia. A bontša hore sena ke bopaki ba kholo le lipheto ho kahare ho papali ea litebele. A re katleho ena ha se ea hae a le mong, empa ke ea bohle barati le batšehetsi ba papali

ena kaha a fihletse likatleho tseo a li fumaneng ka lebaka la tšehetso ea bohle.

A supa hore sena ke mohlala o phelang oa boitelo, boinehelo, lerato la papali ea litebele le ho sebetsa ka thata mabaleng a papali ena. A re ka ho sebetsa ka thata ho ba bonolo haholo hore mamati a papali ena a menyetla ea ho fetola bophelo ba bao e leng bakoetlisi le libapali a bulehe lefatšeng ka bophara.

A tsoelapele ho bontša hore leeto la ho tloha lilemong tsa hae tsa ho ba sebakali ho fihlela e-ba mokoetlisi enoa ea hloahloa, eo e seng e il'o ba mokoetlisi oa boemo ba machaba, ke sesupo sa hore o na le boiphihlelo bo boholo bo se nang moeli papaling ena, boo motho ka mong a ka bo fihlelang feela ka ho sebetsa ka

boitelo le ka lerato.

A re papali ea litebele matsatsing ana ha e sa tšoana le maoba le maobane, kaha ke papali e fetolang bophelo ba batho ho bo isa maemong a phahameng. A tiisa hore e matlafalitsoe haholo hore bohle ba be le tšusumetso e matla ea ho e bapala, e seng feela metseng le metsaneng ea habo rona empa ka lefatšeng. "Katleho ea Monghali Sibusiso e re file matla le hore kothatsa hore re tsoelepele ho ikitlaeletsisa ho sebetsa ka thata papaling ena." A rialo.

A qetella ka ho ipiletsa ho bohle ho sebetsa 'moho boikoetlisong e le ho phahamisa seriti le tlhompheho ea papali ea litebele Naheng ea Lesotho. "Menyetla e mengata ha re sebetsa ka thata papaling ena, 'me rona re tsoelepele re

le 'moho ho holisa le ho atlehisapapali ena, e le hore e tle e fetole bophelo ba rona kajeno le hosane." Ke Ntšasa eo.

Keketsi e bile President ea

pele ea Mokhatlo oa Lesotho oa Li-Olympic pele e-ba sebakali le mokoetlisi e moholo oa litebele, a kena sekolo Naheng ea Cuba ho ithutela mekhahlelo e fapakaneng ea tsamaiso ea lipapali le maqiti papaling ea litebele.



Se amohela Warriors ka lesosai

Tšeliso Thakholi

Moifo oohle oa papali ea rugby o ile oa khobokana ka bongata lipapaling tsa mokhahlelo oa bobeli oa Liki e Kholo ea rugby tse bileng Lebaleng la Motebo oa Sepolesa, Ha Mabote ka la 10 Phato monongoaha, moo papaling ea pele e neng e simolla liki Sehlopha sa Basali sa Mabote Beavers Ladies se ileng sa teteka ntle ho qenehelo sa Maseru Warriors Ladies ka 39-0.

Papali ea bobeli ea letsatsi leo e neng e bile ea lihlopha tsa banna, 'me Mabote Beavers ea netefatsa maele a Sesotho a reng; "noha ha

e qaloe mokoting," ka ho pola Maseru Warriors ka phafa ea 28-19.

Puisanong le Koranta Mokoetlisi oa Maseru Warriors Ladies e neng e fopha mali ke phafa, Moletsane Tšolo o hlalositse hore sehlopha sena se sa le secha haholo, se tsoa thehoa mathoasong a selemong sena, 'me ke hona se ntse se thuthuha ka ho ithuta mahlale le maqiti a papali.

A re ba tšile papaling ena ka sepheo sa ho tla nka malebela e seng ho e hapa. "Ha re ne re ka hapa papali ena e ne e tla be e le 'bonus' kaha morero oa rona e ne e le hore libapali tsa rona li ke li utloe monate oa papali ea



rugby. Leha re qala papali ena ke ile ka bolella libapali tsa ka hore ba se be le khatello ea maikutlo ka hore ba batla ho hapa papali, empa ba tsepamise maikutlo a bona boithutong kaha ba sa le bacha haholo papaling ena." A rialo.

O supile hore leha ba lahlehetsoe ke papali ena o ithutile lintho tse ngata tseo a tšoanetseng ho li lokisa, bakeng sa ho ntlafatsa sehlopha sa habo. A re o boetse o thabisitsoe ke ho bona hore a mang a mahlale a papali ea rugby ao a rutileng libapali, ba entse ka bokhabane bo boholo nakong ea papali. "Sena sea nkhothatsa kaha e le pontšo ea hore

pele liki fela re tla be re kapile mollo, ho se ho se na sehlopha se tla re thiba ka pele." O boletse joalo a bile a phethela ka hore o lakatsa ho bona ba le kahar'a lihlopha tse 'ne tse ka holimo lokong ha lipapali tsa liki li fela.

Moetapele oa Sehlopha sa Mabote Beavers Ladies, Molelekeng Chere o itse ba ne ba itukiselitse papali ena haholo, 'me Maseru Warriors Ladies e ne e se na monyetla oa ho ba hlola. A re leha ba rata papali ea rugby haholo, empa qholotso e kholo ke ho hloka tšehetso. A ipiletsa ho bafani ho etsa letsoho la monna ka ho tšehetsa sehlopha sa habo.

Tšeliso Thakholi

Monna oa mohebi oa Tikoloho ea Khubetsoana Seterekeng sa Berea, Tebelo Nyapholi o re o iphetotse Moshe oa morolo o mocha o ratang papali ea bolo ea maoto, ka ho haola le metse le metsana ho batlana le talenta ea bolo ea maoto bacheng ba tikoloho ea habo. O buile tsena Lebaleng la Sehlopha sa Libata (B Division), Khubetsoana ka la 10 Phato monongoaha moo a neng a kopantse lihlopha tse 'ne tsa ba lilemo li ka tlaase ho 14 lipapaling tsa ho tso-ma talenta.

O re hajoale o se a thehile lihlopha tse tharo tsa papali ea bolo ea maoto tsa bana ba lilemo li ka tlaase ho 14, libakeng tse fapakaneng tsa tikoloho ea Khubetsoana. O re maikemisetso a hae ke ho kenya letsoho ho thusa lihlopha tsa bolo ea maoto tsa

tikoloho ea habo, hore li hlalelle le ho kena kahar'a Liki e Kholo ea Premier lilemong tse peli tse tlang.

A re o tla fihlela sena ka ho bontša hore tikoloho ea habo joaloka libakeng tse ling tsa Seterekeng sa Maseru, e tšoere likulo papaling ea bolo ea maoto. A re o tsamaea libaka tse pota-pota

tileng tikoloho ea Khubetsoana a batlana le libapali tsa kamoso. "Hantle thupa e otolloa esale metsi, batho ba bangata ba e sebelisa polelo eo empa feela ha ba e kenye tšebetsong." Ho rialo Nyapholi ea reng o tiil'o bonts'a maputulo selika-likoeng sa bolo ea maoto joalokaha a e rata a bile a rata



O aha lihlopha

bana haholo.

A re har'a lihlopha tseo a seng a li thehile o se a e-na le bashanyana ba bane ba lilemo li 14 ho ea ho 16, ba seng ba ka iphumana ba bapalla lihlopha tsa Liki ea B Division. A re ke morero oa

hae ho tloha khale ho iphumana a ahile libapali tse tla tseba ho bapalla Liki e Kholo ea Lesotho kamoso. "Ho monate ho e otlolla e sa le metsi hobane ha se papali se joalo se se se holile, motho o s'o ka bona ka lihlopha tsa Khubetsoana mona ho kena kahare ho Liki e Kholo. Ho tla be ho se molemong oa ka, empa le ho libapali ka kakaretso hoba har'a tsona ho na le tse tla fumana molemo oa ho tsoeella li iphumane li bapalla lihlopha tse ba lefang kahare le kante ho naha." A rialo.

A ipiletsa ho bohle ba nang le lerato la ho holisa bolo lilemong tse tlaase, ho kenya letsoho kholong ea lihlopha tsa bana tseo a seng a li thehile. A re bao e bang ha ba e-s'o tsebe ka lihlopha tsena ba ikatametse ho eena ka sepheo sa hore ba li tsebe le ho li aha eseng ho heletsatsa.

Quthing e fetola sebopeho

Nthabeleng Seitlheko

Matsoalloa le bahoebi ba Setereke sa Quthing ba ntsoeleng matlafatsa moruong le ho hlalisa mesebetsi etsoe se le bohareng ba meeli ea Naha ea Lesotho le Afrika Boroa. Tsena li hlaleletse 'mokeng oa bo-ralitaba oa la 13 Phato monongaoaha.

Mookameli oa Kampani ea Zonke Sizwe Masunyane Masunyane, o hlalositse hore khoebo ea habo e thehiloe ke matsoalloa a Quthing ka morero oa ho matlafatsa moruo oa setereke sa habo bona le ho theha mesebetsi. A re ba leetong la ho aha Smart City e le ho matlafatsa litaba tsa bohahlauli hore ha motho a fihla kahar'a setereke seo a se ke a soko-

la hore a ka etela libaka life.

O itse ba hloka ho etsa lintlafatso tsa moshoelella kaha tse teng e le tsa nakoana ho latela hore boholo li tsamaisoa ke melata. O re e bang ba ka tsoara ka thata ho sebetsa 'moho e le bahoebi ba Basotho seo se ka thusa naha ho hola moruong ka nako e khutšoanyane kaha qholotso e kholo e le boikopanyo.

H'a phethela o khothalelitse Basotho ho tlohela tlholisano, ba tsoarane ka matsoho khoebong ba tsebe ho e tlosa matsohong a melata molemong oa boipheliso. O re ha seo se ka phethahala ho tla thusa hore likhoebo li be teng ka bongata le bacha ba tla hola ba utloisisa taba ea boikopanyo.

Ka lehalokoreng le leng, Tsietsi Pokane ho hlaha Heritage Ink, o bontšitse ho le molemo hore sech-

aba sa Quthing se tsebane, hore na mang o etsa khoebo efe a le sebakeng sefe hore ba nolofalloe ke ho fetoha 'maraka oa e mong ho e mong. O re taba ena e entse hore ba tlo tsoara 'moka oa khohola-koqo le bahoebi le ho tsebahatsa likhoebo tsa bona ho nyolla moruo oa sebaka sena.

A re ba boetse ba rata ho kenya letsoho litabeng tsa tlhokahalo ea mesebetsi ka ho khothaletsa Basotho ho kopana 'moho ka litsebo tsa bona. Ka hona o re ha joale ba lakatsa ho bona lintho tseo Quthing e ikhethollang ka tsona ho litereke tse ling li hlalella kahar'a sechaba. O ipilelitse ho bacha ho phahamela taba ena; ba qale likhoebo ka seo ba nang le sona molemong oa bophelo bo botle, ho ikhira le ho itlhaahisetsa mesebetsi.



Puisanong le e mong oa bahoebi ba setereke sena, Nosicelo Buhle Nkahlle ea tummeng ka ho etsa litlolo, o itse o thabetse ketsahalo ena kaha e tlo thusa bacha ba habo ho hlokomela hore ba literekeng tse ling ba se ba iphihletse ho le hokae. A re

ba thabela ho bona Quthing e ntlafetse le lihlahisoa tsa teng li tsejoa lefatšeng, etsoe ba e-na le lekhala le sa feleng le etsang litlolo tsa boleng. A re ke nako ea hore bacha ba tsohe ba iketsetse molemong oa bophelo le bokamoso ba bona etsoe e se bohle ba ka hiroang.



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