

LENT TIP

Make prayer a sacrifice

During Lent, the Church invites us to deepen our prayer through fasting, almsgiving and genuine sacrifice. Many Christians faithfully fast and give to the poor, yet forget that prayer often bears fruit when it is accompanied by personal self-denial.

Jesus teaches that discipleship requires sacrifice: "Whoever wants to be my disciple must deny themselves, take up their cross daily and follow me" (Luke 9:23).

Prayer becomes more powerful when we

willingly discipline the body in order to focus the heart on God. If you are praying for a job, for the gift of a child, for marriage, healing or any special intention, consider offering a concrete sacrifice.

You may choose to sleep on a mat instead of a comfortable bed, wake up at 3am for prayer, or completely step away from social media for a time.

Such acts are not punishment for its own sake; they train the body to submit to the spirit. Jesus also reminded His disciples that

some spiritual breakthroughs come only through deeper spiritual effort: "This kind can come out only through prayer" (Mark 9:29). St. Paul echoed the same discipline when he said, "I discipline my body and keep it under control" (1 Corinthians 9:27).

When the body is humbled, the soul becomes more attentive to God, and our petitions rise to Him with greater sincerity and faith.

—Michael Agaba

President Museveni urged leaders from Northern Uganda not to focus on the effects of the past war but on how to develop.

BY ANTHONY WESAKA & TOBBIAS JOLLY-OWINY

President Museveni has pledged government support to the post-retirement initiative of former Chief Justice Alfonso Owiny-Dollo aimed at promoting mass participation in agriculture to fight poverty in Northern Uganda.

Speaking on Saturday during the grand homecoming ceremony for the retired Chief Justice at Kauda Grounds in Gulu City, Mr Museveni said the initiative dubbed "Sacco-Paco" aligns with the long-standing policy of the ruling National Resistance Movement (NRM) to empower ordinary citizens through agriculture.

"I'm very glad that Hon Owiny-Dollo is in agreement with what we have been preaching about for a long time," Mr Museveni said. "NRM has been very clear, like the Parish Development Model (PDM) that these programmes are not for big people but mainly for small people."

The President added that the idea of "agriculture by the masses" is not new, saying he personally implemented a similar approach in the Ankole region in the 1960s.

Mr Museveni also challenged residents of the Acholi sub-region and the wider Northern Uganda to move away from continually reflecting on the devastation caused by the insurgency led by Joseph Kony and embrace modern, mechanised farming.

The two-decade Kony insurgency left more than 100,000 people dead and displaced about 1.5 million, many of whom lived in internally displaced persons' camps.

"You cannot always talk about war," Mr Museveni said. "Luwero and Kiboga had a very bad war but today, you cannot tell that such destruction ever happened."

The President also commended Ambassador Olara Otunnu, a former president of the Uganda People's Congress (UPC), for joining efforts to mobilise communities in Northern Uganda to embrace commercial agriculture, including coffee growing.

"Sometimes he has been in another direction, but now we are speaking the same language," Mr Museveni said, drawing applause from hundreds of residents who attended the ceremony. The duo later shared a light moment, taking pictures together.

Earlier, Justice Owiny-Dollo said he intends to dedicate his retirement to

Museveni vows to support Owiny-Dollo's agric plans



President Museveni arrives at the former Chief Justice Alfonso Owiny-Dollo's launch of the Sacco-Paco programme aimed at promoting mass participation in agriculture to fight poverty in northern Uganda. PHOTO/TTOBBIAS JOLLY OWINY

On a light note, the retired CJ asked the crowd to pray to God to add him 30 more years so he can accomplish his big dream of lifting his people out of poverty.

2025 OWINY-DOLLO RETIRES

Justice Owiny-Dollo also advised the government to spread the same model of agriculture to other regions, positive that within a period of five years, there will be an economic change.

"Botswana is a world beef-producing country because of mass production. I'm asking the government of Uganda to accept production by the masses, starting with Acholi, and then move to other regions," Justice Owiny-Dollo said. Other speakers of the day included Disaster Preparedness Minister Hillary Onok and Principal Judge Jane Frances Abodo, who represented Chief Justice Flavian Zeija.

In a message read on his behalf, Chief Justice Zeija praised Justice Owiny-Dollo for championing major reforms in the Judiciary, including strengthening Alternative Dispute Resolution (ADR).

"During your tenure as Chief Justice, you emphasised that courts exist for the people," the message read. "Under your leadership, there were several achievements, including bringing justice closer to the people and strengthening alternative justice systems that bridge traditional justice and the formal system."

He added that Justice Owiny-Dollo's legacy goes beyond judicial reforms and wished him success in his new role of serving his community after leaving the Bench. Justice Owiny-Dollo officially retired on January 13 this year after he clocked 70 years and he was replaced by Justice Zeija.

promoting what he termed "agriculture by the masses" as a pathway to lifting the Acholi sub-region out of persistent poverty.

He noted that although the government has invested billions of shillings in post-war recovery programmes in Northern Uganda, the impact has not been fully reflected in the livelihoods of many residents.

"In the past 20 years, these people knew nothing but armed conflict, leaving a devastated community," Justice Owiny-Dollo said. "We are at the bottom of the wealth ladder and at the top of the poverty ladder."

The retired Chief Justice questioned whether funds meant for recovery were misdirected or if communities were not adequately sensitised to utilise available opportunities.

He revealed that he has already opened up about 1,050 acres of land for agricultural production with the help of Gen Salim Saleh, President Museveni's younger brother, and personally planted coffee on 16 acres in his village of Patongo.

"Today, I want to believe you know that some of the best Arabica coffee grows in Agoro," he said. "The task

before us is how to get our people out of poverty."

Justice Owiny-Dollo said he will work alongside Mr Otunnu to mobilise and guide communities in the region to embrace agriculture as a sustainable source of income.

"We intend to play our part as community leaders to sensitise our people. But we can only do so much. The government of Uganda, which you head, should partner with us. Give us five years. With the right leadership, there will be change and give them leadership," he said.



Move on.

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Work in progress.

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Date: 16th March, 2026

SPECIAL ANNOUNCEMENT

THE BOARD CHAIRMAN BUGISU COOPERATIVE UNION LIMITED INFORMS ALL REGISTERED FARMERS WHO PATRONIZED WITH THE UNION FOR THE YEAR 2025 THAT THE 65TH ANNUAL GENERAL MEETING (AGM) WILL TAKE PLACE ON MONDAY 30TH MARCH 2026 STARTING AT 10:00AM AT THE UNION FACTORY.

THANKS
MANAGEMENT