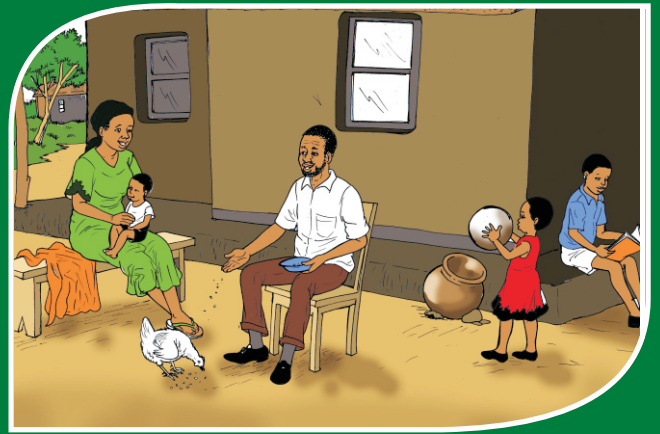


CHIKHIRISITU PA NKHANI YA KULERA M'BANJA

Zalembedwa ndi bungwe loona za umoyo mu mpingo wa Chikatolika (Health Service Commission) mogwirizana ndi Health Policy Project



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Funso 1: Kulera ndi chiyani?

Yankho: Kulera ndi udindo umene banja limakhala nawo woganizira ndi kupanga chisankho za nthawi imene akufuna kukhala ndi mwana, kuchuluka kwa anawo, kusalikira kwa nthawi mwana wina asanabadwe komanso kusamalira ndikuyang'anira ubwino ndi umoyo wa banjalo ndinso dziko lonse. choncho nkhani yaikulu ndi uchembere wabwino.

Funso 2: Kodi Baibulo limatilimbikitsa kubereka ana ambirimbiri?

Yankho: Pamene Chauta ankalankhula ndi makolo athu Adam ndi Eva kuti “mubereke ndikuchulukana, mudzaze dziko lapansi” (m'bukhu la Genesis 1 ndime ya 28), chiwerengero cha anthu m'dziko lino lapansi chinali chisanachuluke monga momwe chiliri lero. Mpingo umphunzitsa kuti ndibwino ndithu kulingalira mozama za nthawi imene banja likufuna kukhala ndi wana, kuchuluka kwa anawo, ndiponso kusalikira kwa nthawi mwana wina asanabadwe. Chimene mpingo umatsutsa pankhani imeneyi ndi kugwiritsa ntchito njira zolera zija amati “zamakono” zosakhala zachilengedwe.

Funso 3: Kodi cholinga cha banja si ndiye kubereka ana?

Yankho: Zoono, chimodzi cha zolingo za banja ndi kubereka ana, komabe si cholinga chokhacho cha banja. Cholingo china ndichakuti anthu akhale pa ubwenzi ndi chikondi ngati thupi limodzi monga Yesu Khristu anakonda mpingo nadzipereka iye mwini. Pakuti chipangano cha ukwati chikufanizira umodzi wa Yesu Khristu ndi Mpingo wake. (Aefeso 5:2a, 25-32). Mu Genesis 2:18, Mulungu anati, “Sibwino kuti munthuyu akhale yekha. Ndipanga mnzake woti azimthandiza” Choncho munthu analengedwa mkazi ndi mwamuna osati kuti adzingobereka ana basi komanso kuti alumikizane muchikondi ngati abwenzi.

Funso 4: Tilelerenjeji pakuti Mulungu adzawasamala anawo?

Yankho: Mulungu amapereka ana ndikuwasamala kudzera mwa makolo awo. Kulephera kulingalira bwino za chisamaliro cha ana ndi kulephera kuwasamala ana omwe tabereka, ndikupeputsa ntchito ya Mulungu Namalenga ndipo ndikuchimwa ndithu. M'kalata yoyamba ya Paulo woyera m'buku la 1 Timoteo 5 ndime ya 8 akuti: “Ngati wina aliyense sawapatsa zofunika achibale ake, makamaka a mbanja mwake momwe, ameneyo wataya chikhulupiro chake, ndipo kuipa kwake nkoposa kwa munthu wosakhulupirira”.

Funso 5: Ubwino wakulera ndi uti?

Yankho:

- Umoyo wabwino kwa mai ndi mwana ndi kuchepetsa imfa;
- Kupewa kutenga pakati posakonzekera;
- Maphunziro abwino kwa ana;
- Banja la chikondi ndi losangalala;
- Zachilengedwe monga malo okhala, mitengo, madzi zimakhala zokwanira bwino kwa aliyense;
- Kuchepetsa vuto la ana amasiye ngati mayi amwalira kaamba kobereka pafupipafupi

Funso 6: Kodi ndi njira ziti za kulera zimene zilipo?

Yankho:

Njira ya chilengedwe yotsatira masiku a pamwezi omwe mayi angathe kutenga pathupi monga:

- kugwiritsa ntchito mkanda wolelera (cycle beads)
- kuyang'anira kusintha kwa chikazi cha mthupi la mai

Pali njira zimene sizili za chilengedwe monga:

- Mapilisi
- Jakisoni
- Lupu
- Nolopulanti/jadelo (implants)
- Kondomu ya mai kapena ya abambo amene ali m'banja
- Kutseka kwa a bambo (vasectomy)
- Kutseka kwa amai (tubal ligation)

Chiphunzitsa cha Mpingo wa Chikatolika chimalimbikitsa kulera pogwiritsa ntchito njira za chilengedwe zokha. Poti izi ndi zimene zimagwirizana ndi kufuna kwa Mulungu popeza kuti mphanvu zolamulira thupi lathu ndiponso ziwalo zoperekeramoyo siziri mphanvu mwathu mokha ayi komanso zimadalira Mulungu amene mphanvu ndi ntchito yolenga anthu ndi yake ndithu.

Dziwani mfundo zofunika izi:

- ❖ Kulera ndi kwabwino komanso kovomerezeka ndi mpingo;
- ❖ Kubereka ana motalikirana ndikwabwino ngakhale pamene sikukhudza nkhani ya kuchepetsa chiwerengero cha anthu;
- ❖ Kulera ndi anthu awiri: kambiranani ngati banja ndi kufunsa nzeru kwa alangizi a za kulera a ku parishi yanu;
- ❖ Atsogoleri onse a chipembedzo ali ndi udindo wokhala iwo eni zitsanzo komanso wolangiza mabanja za ubwino wokhala ndi ana omwe banja lingathe kuwasamala.