

S2 NOTES CRE 2020.

LEISURE

Leisure is the time when one is free from his/her daily routine. It is also the time one has at his /her disposal to use as he/she wishes without being bound by necessity.

Leisure is divided into two types;

1. Active leisure

This is the type of leisure which involves an individual to participate in doing something. It involves a direct and physical participation. It includes dancing, jogging, singing etc.

2. Passive leisure.

This is the type of leisure where an individual is being entertained. It includes listening to music, spectating games, watching a movie.

IMPORTANCE OF LEISURE.

- Leisure helps in refreshing the minds of the worker, an individual are able to recover from the fatigue accumulated from the normal routine and can regain lost strength.
- Leisure provides an opportunity to discover and develop one's talents which are un identified. This is common with active leisure where the individual directly participates in the activity.
- Leisure promotes co-operation socialization. People come together and enjoy leisure activities; they converse with each other which promote peace and harmony.
- Leisure promotes income for the people, this is common with entertainers like musicians who are paid and reflect different activities.
- Leisure strengthens one's faith in God. This is done through Bible study where one reads and understands the word of God.
- Leisure promotes self discoveries by an individual worker. One is given an opportunity to evaluate himself which helps a person to discover her mistakes and finds solutions.
- It strengthens one's culture, this is done through activities like last funeral rites, traditional dances etc. this enables people to identify themselves and creates a sense of belonging.
- Leisure reduces boredom of an individual. The individual is occupied with different activities instead of being idle which promotes crimes/
- Leisure gives a chance to the workers to attend to their family issues given the fact that most of the time they are occupied with work and away from home.
- Leisure improves on the health status of an individual, sports reduces the level of sugar in the body because of sweating which reduces on diseases such as high blood pressure.

- Leisure provides education, this is through activities like listening to constructive radio programs, watching films etc. these facilitate learning.

IMPORTANCE OF LEISURE TO A WORKING MOTHER.

- She is able to recover her lost energy after a hectic exercise. She rests and generates new energy.
- She is able to build on her skills and talents like knitting baking during her free time. This enables her to get extra side income.
- She is able to build on her spiritual relationship with his God. She can go fellowship, engage in Bible study which draws her close to God.
- A working mother is able to strengthen her relationship with her family members, she can tell stories to her children, teach them how to cook which empowers them with skills in life.
- The working mother finds time to improve on the environment which promotes good hygiene.
- The working mother promotes culture and imparts traditional values like greeting while kneeling down which shows respect to elders.
- The working mother has an opportunity of learning what is happening around her through reading newspapers and other publications to increase on her knowledge.
- A working mother is able to engage in physical exercise by participating in jogging, other sports activities, etc. this enables them to become fit and preventing contracting diseases.
- The working mother is able to interact with other mothers, exchange ideals and they are able to add value to themselves.

PRODUCTIVE WAYS OF SPENDING LEISURE.

- Join church choir which helps the youth to praise and worship God. It also keeps them busy.
- Joining productive school clubs like debate club, scripture union etc. This helps to eliminate boredom.
- Engaging in games like volleyball, netball etc. this helps them to develop talents and they become physically fit.
- Reading the bible which enables people to become spiritually strong.
- Listening to gospel music which converts them to Christianity and come to know more about God.
- By watching good movies which motivates people and draws them closer to God.
- Attending a church service which enables them listen to God's word.
- Engaging in house work which helps young people to attain skills
- Fellowshiping and praying which helps to promote unity, share problems and get solutions to their problems.

- Reading educative Novels about positive thinking which influences people's vocabulary and helps the youth to become knowledgeable.

UNPRODUCTIVE WAYS OF SPENDING LEISURE

- Watching pornographic movies e.g. fifty shades of grey which makes the youth to develop sexual feelings hence fornicating.
- Smoking which leads to spread of diseases like lung cancer which lead to death of the youth.
- Taking of drugs e.g nicotine which leads to addiction therefore leading to brain damage, and being expelled from school.
- Stealing of people's property which leads to imprisonment and at times death after being beaten by the mob.
- Night clubbing which leads to girl raping and unwanted pregnancy which may lead to abortion which is a sin before God.
- Sex abuse. E.g. prostitution which leads to spread of STD's like AIDs hence death of the youth.
- Listening to worldly music e.g. God is a woman which diverts the minds of the youth about God.
- Rumor mongering and back biting which destroy the relationship among the youth.
- Joining bad peer groups where the youth learn bad behaviors like lesbianism, drinking alcohol which causes them to be expelled from school and home.
- Gambling which makes the youth to eat their school fees and drop out of school which ruins their future.
- Participating in strikes that are against the school rules and regulations which may lead to expulsion from school.

PROBLEMS ASSOCIATED WITH LEISURE.

- Leisure activities have got the following problems associated with leisure.
- Most leisure activities today are commercialized one.
- Had to pay money before having access to leisure activity, this promotes social differences.
- Some leisure activities promote boredom especially passive ones; they become monotonous hence denying people enjoyment.
- Gossiping is very common during leisure time especially among women which leads to breakage of relationship among them.
- The youth have developed chronic disease due to involvement in leisure activities like taking drugs, smoking which causes lung cancer and tuberculosis.
- Some leisure activities are passive which kill creativity of a person and retards development of talents.

- Some leisure activities are confined in urban centre which promotes rural urban migration and its consequences.
- Some leisure activities can easily cause accidents like motor racing if not managed well.

LEISURE INDUSTRY.

Leisure industry is a business industry that aims at entertaining people e.g. cinema halls, theatres, bars.

COMMERCIALIZATION OF LEISURE.

This refers to a situation where the leisure makers aim at making money out of their leisure activities. The Public is expected to pay money before having access to the leisure industry.

DISADVANTAGES OF COMMERCIALIZING LEISURE.

- It leads to poverty among people because the little income that could have been saved is used to access leisure activities.
- It leads to idleness because of being expensive, many people are left to sit redundant after their daily life activities and many think evil.
- Some people are forced to engage in prostitution in order to get money so as to access leisure activity.
- It brings a lot of violence. Some people fight because bring denied to have to access.
- It makes an individual to neglect her faith because she's busy looking for money to enjoy the leisure activity other than worshipping God.
- Commercialized leisure limits the choices of the people to a few leisure activities that are not highly paid this denies people enjoyment.
- Commercialization of leisure leads to gambling as people as a person loses.
- Commercialization of leisure promotes social classes. Poor people are isolated from the rich. This creates disunity in society.
- Some people are denied a chance of developing their talents this is because some leisure makers are also required to pay some fee before they are trained.
- Some people tend to neglect their families this is caused by the desire to entertain others aimed at getting money or going for leisure alone since it is expensive.

ALCOHOLISM.

Alcoholism is a situation arising from taking of too much alcohol, this makes one drunk.

CAUSES OF ALCOHOLISM.

- It is a sign of maturity; young people tend to feel that drinking alcohol makes them mature so they wanted to prove it.

- Some people drink because of peer group influence, they want to fit in a particular group, be sociable and acceptable.
- Some people drink because they want to gain courage while relating with others especially shy people.
- Some people drink because of curiosity, they want to find out how it feels to drink.
- Some people drink because they have too much money and want to show off the level of their riches and as a way of disposing off their income.
- Some people drink as a way of passing time and killing boredom especially after a hectic day as a form of relaxation.
- Some people drink as a form of culture, it is normal in some societies to drink and was seen as a way of life, e.g. among the Itesot of Eastern Uganda even children drink as early as one year.
- Some people drink out of excitement especially during celebrations because drinking makes the ceremony colourful.
- Some people drink because of the environment they are living and working in eg people working in a brewery are likely to drink because of easy access.
- Some people drink as a way of reliving stress. Physiological torture that makes them unable cope up with challenges in life.
- Some people drink under medicine prescription especially to people having diseases such as high blood pressure in order to reduce on the risks associated with the diseases.
- Some people drink because their parents drink (bad example from parents) so children tend to copy what their parents do.

DANGERS OF DRINKING ALCOHOLISM.

- Leads to mental retardation which reduces the level one's thinking, planning and memory.
- Taking alcohol leads to unemployment this is because of failure of the individual to work regularly effectively.
- Taking alcohol may result in to taking too much debt as a result of borrowing for drinking this causes conflicts among individuals.
- Drinking alcohol results in to motor accidents as drunken drivers are unable to balance themselves property hence causing road accidents.
- Taking alcohol is a sin before God and drunken will never inherit the kingdom of God because it is evil (Galatians 5:19-22).
- Taking too much alcohol is damage to human lift it causes damage of the nervous systems and the liver which leads to.
- Drinking of too much alcohol leads to family neglect due to since much money is used to take alcohol leaving family members to suffer from lack of back needs of life.

- It leads to poverty as much of the money is spent on drinking and less is saved for the future.
- It leads to school dropout as no school interested in students to drink and it's against the school rules and regulation.
- It leads to child abuse as drunkards fail to urban centers to control themselves sexual after drinking and end up raping girls which at times leads to unwanted pregnancies.
- Taking alcohol results into moral decay as drunkards urinates and defecates along the road, fall along road sides and fight with wives because of lack of self control.

WAYS IN WHICH A CHRISTIAN CAN SPEND HER /HIS LEISURE TIME.

- A Christian can preach the word of the God to non-believers as a way of converting them to Christianity.
- A Christian attends community celebrations likes weddings, graduations parties in order to identify with people e.g. Jesus attended a wedding at Cana where he turned water into wine.
- A Christian can visit his friend during leisure time in order to strengthen their relationship.eg Jesus visited his friends Mary and Martha and dined with them. (John 2:1ff).
- A Christian can spend his free time praying and praising God for his goodness.
- A Christian can spend his time telling stories and enjoying them and know the meaning e.g. Jesus enjoyed the story of the Good Samaritan woman at the well. (John 34:1).
- A Christian can spend free time having fellowship with other members so as to share the word of God and encourage fellowship in the early church where they shared their possessions.
- A Christian can spend his leisure time through making pilgrimages so as to strengthen his faith .e.g. Jesus visited Jerusalem a holy place annually.
- A Christian can spend leisure playing with children in order to have fun e.g. Jesus played with the children and he pointed out that the kingdom of God belonged to them.
- A Christian can spend his leisure time by developing his skill through hard work e.g. weaving.
- A Christian can spend his leisure by reading Christian literature such as the Bible and Christian magazines.

LEISURE IN AFRICAN TRADITIONAL SOCIETY.

- Leisure in ATS was active in nature, people participated in leisure activities and enjoyed themselves.eg singing and dancing.
- Leisure in ATS was free of charge, therefore all people had access to leisure activities, they relaxed and enjoyed.

- Leisure in ATS involved thanksgiving and appeasing the spirits, gods ancestors for their lives e.g. among the Itesot in Eastern Uganda.eg Ajono was poured on the ground in order to thank god for the good harvest that they got.
- Leisure in ATS involved carrying out important community celebrations e.g. child naming and circumcision rite as a way of preserving the traditions of the community.
- In ATS there was no special time designed for leisure .It was Mixed up with work, they went hand in hand and it was done at the same time e.g. Among the Acholi of northern Uganda they used to grind millet and sung songs.
- Leisure in ATS involved visiting friends and relatives which was a way of promoting friendship and togetherness in the community.
- Leisure in ATS was used for conducting prayers whereby they dedicated themselves to gods and communicated the needs to gods.
- In ATS they carried out mock battles that aimed at encouraging the individuals to be able to defend themselves in case of external attacks.
- Leisure in ATS was spent by attending beer parties where elders discussed issues concerning their communities and got solutions to their problems.
- Leisure in ATS was conducted by women to beautify them so as to appear attractive before the opposite sex and get marriage partners, the smear their bodies and appear beautiful before the opposite sex.
- Leisure in ATS was communally organized and celebrated by all people in a given community. They organized wedding which promoted unity in a community.

IMPORTANCE OF LEISURE IN ATS.

- Leisure provided fun and enjoyment to members of the community through signing e.g. kadodi dance among the Bagisu of eastern Uganda which was carried out during circumcision for fun.
- Leisure enabled people to get their marriage patterns by looking attractive before the opposite sex through beautifying themselves e.g. the Bahima.
- Leisure in ATS created /promoted co-operation among the traditional Africans as they come together in beer parties they were able to socialize this promoted a spirit of togetherness.
- Leisure promoted courtship among the people. The men and women who were attracted to each other were able to come together and build a relationship which ended into marriages.
- Leisure helped the traditional Africans to earn a living. This was through activities such as hunting where they got food for survival.
- Leisure helped to strengthen and build relationships among the traditional Africans; this was made possible through visitations and coming together.

- Leisure helped the traditional Africans to identify and develop their talents which they used to serve others and entertain them through activities such as dancing, singing and wrestling.
- Traditional Africans had moment of joy and satisfaction this was through leisure, this was through activities.
- Leisure had a religious significance; it helped people to a good relationship with their Gods through sinning, praying and offering sacrifices to the ancestors and Gods.
- Leisure activities created cultural enrichment and awareness.
- Informal education was passed on to put about their culture and customs through proverbs, songs and stories by the elders.
- Leisure gave the opportunity of sharing ideas; this was particularly true during beer parties that helped in the smooth running in the community.
- Leisure in ATS, helped people to rest their bodies through sleeping which helped in the smooth to relax after hectic day.
- Helped people to recall important event in life child naming funeral rites. They would remember the lives of the dead relatives who were important to them.

BEER PARTIES

- These were ceremonies organized by family members in order to enjoy life and be happy.
- Beer party was a common way of enjoying leisure and during these parties; important issues and ideas were discussed such as marriage land transactions, clan issues political and social affairs of the village.

IMPORTANCE OF BEER PARTIES.

- Beer parties encouraged co-operation among people in the village. Men and women in the village communally brewed beer and drunk it e.g. some provided pots, millet sorghum etc.
- It was during beer parties that new friends were made and old friends cemented. This helped to build relationships and reconciliation within the community.
- Beer drinking provided entertainment to the people since it involved a lot of dancing during the occasion which helped them to kill boredom.
- Beer was used to quench thirst. Some types of beers were prepared and taken by the members when they were thirsty. E.g. Malwa.
- It was a source of nourishment. Beer drinking provided energy to the people and also built up their bodies so they were able to do some constructive work.
- Beer parties were kind of consolation and misery to people e.g. after losing a person they would take beers to forget their problems.

- Beer parties promoted discipline among the people. They had a chairperson who was a source of information. Whoever wanted to talk had to pass through him.
- Beer parties were occasions where people discussed problems faced in their societies as like famine and were able to get solutions to their problems.
- Beer parties were free and this promoted socialization among members since they came together during the occasion to discuss the social life.
- Beer parties acted as a way of thanking people work done especially after community work. In Buganda they were served with Omuramba
- Beer taking was a sign of maturity. it was taken after initiation from child hood to adult hood. E.g. in Mbale among the Bagisu circumcised boys were allowed to take beers since they were considered to have growth.

SIMILARITIES BETWEEN LEISURE IN ATS AND TODAY.

- In both societies leisure helps in the making of relationship between people through visiting friends, relatives and carrying out of charity.
- In both societies, leisure helps in development of skills and talents such as knitting singing weaving and dancing.
- In both societies, leisure encourages cultural development and awareness through cultural activities such as weddings, naming of children, funeral rites. Etc.
- In both societies leisure is for spiritual development through prayers, singing and dancing to God as a way of thanking Him for the good things done.
- In both societies, leisure is for physical development through participating in activities like wrestling, swimming singing.
- In both societies' celebrations like beer parties were part of enjoying leisure, they provide fun and entertainment.
- In both societies, leisure helps to bring out unity and co-operation among people through community celebrations such as organizing wedding and cleaning the wells.
- In both societies, leisure helps people to develop socially by participating in activities like beer parties where people discuss their problems and find solutions.

DIFFERENCES BETWEEN LEISURE IN ATS AND TODAY.

- In ATS, leisure was active while today most leisure activities are passive like reading novels and watching plays. Etc.
- In ATS, leisure was free and everyone participated in the leisure activity where as today, leisure is commercialized and very expensive.
- In ATS, leisure time was mixed up with work, people had time to work and at the same time have leisure while today: work is separated from work. It's done after work, weekends and public holidays.

- In ATS leisure promoted morality and encouraged sex education while today, it is associated with a lot of immorality through activities like sex abuse and taking of drugs.
- Leisure in ATS was for community building. I.e. it was communal. It was celebrated through beer parties everybody had to attend while today, leisure is individualistic i.e. people spend leisure on their own.
- Leisure in ATS was aimed at imparting cultural and moral values through initiation rites and informal education where as today there is cultural and moral degeneration due to western culture.
- Leisure in ATS was greatly valued and it was mainly for building good relationships with the ancestors and the Gods through worshipping and praising them where as today leisure is greatly abused and most of it is un-Godly e.g. practicing sexual immorality over drinking and over smoking.

LEISURE IN CHURCH.

EARLY CHURCH.

(HOW THE APOSTLES SPENT THEIR LEISURE TIME)

- The apostles preached the gospel during their free time and people got converted to Christianity e.g. Peter preached the gospel in one day and 3600 people got converted.
- The apostles carried out pilgrimages to holy places to give thanks to God each year.
- The Apostles used their time to teach their converts catechism which was aimed at enabling them to understand God better and grow up in their Christian faith.
- The Apostles shared meals where the Christians brought food together and shared it as a way of showing unity among Christians.
- The Apostles used their leisure time to receive and share the Eucharist as Christ commanded. It was intended to remember the death of Christ and how he died for our sins.
- The Apostles wrote Epistles (letters) which people used to read and understand God's eg St Paul wrote the letter of Ephesians which helped to strengthen the Christians.
- The Apostles baptized the new converts during their leisure as a way of introducing them to the family of God e.g. Paul baptized the family of Stephen after accepting Christ and they joined God's family.
- The Apostles healed the sick from different disease which made them to live a happy life.eg peter healed a lame man who used to sit at the beautiful temple.
- They gave out charity to the needy which helped them to grow stronger in faith.eg Dorcus used to saw clothes and would give them to the needy in their locality.
- The Apostles carried out fellowship among themselves in order to comfort each other and this promoted growth in Christian faith as they read the word of of God.

- The Apostles carried out prayers during their free time which enabled them to communicate to God, e.g. one day the Apostles were praying from the house of Mary, the mother of John mark and peter got released where he had been jailed for preaching God's word.

LEISURE IN THE MIDDLE AGES.

The main leisure activities during this period included the following;

- A good number of Christians enjoyed drama during leisure time, such plays were based on Bible stories, and they were mainly acted around market squares of the town.
- Reciting stories was an important way of spending leisure. These stories were about pagan gods whom the Christians had denounced.
- Christians enjoyed cruel entertainment, this included fights between women and women, men and men, men and wild animals. They were common in Roman Empire.
- Some Christians wrote books which were good and interesting. This was intended to make Christian literature available for reading in any place at any time.
- Christians got involved in drawing of pictures and making sculptures. They painted pictures of Jesus as being a good shepherd and his mother Mary.
- The Christians decorated churches during their free time and made them look attractive and fit for prayers. The churches were made beautiful using curving of wood and stones that were brightly coloured.
- Some Christians enjoyed the beauty of creation during his free time e.g. St Anthony lived in a specific place because he loved its beauty.
- Some Christians worshipped God during their free time e.g. St Francis of Assisi was in charge of this important aspect of the church .He called on his followers to worship God in humblest way possible.
- Some Christians carried out charitable work. They helped the disadvantaged, i.e. the widows, poor and the orphans by giving them basic needs.
- Leisure activities disapproved in church history by St Augustine/puritans.
- He disapproved drinking of alcohol among Christians; the alcoholic drinks were seen to be too strong that could eventually carry the Christians away from their ideal practices.
- The puritans disapproved obscene jokes; this is because they did not portray the true characteristics of a true Christian life that required an individual to be holy.
- The puritans disapproved dancing and listening to world music. To them such songs that neither worshipped God nor praised him were unhealthy for Christians because they contradicted the gospel message.
- St Augustine condemned showing off or public display of material possessions (wealth) manifested in items like fine clothes, jewels etc. This was considered as pride extravagance and selfishness to the disadvantaged and the poor.

- St Augustine condemned idol worship; Christians were surrounding themselves with pictures and stories of Christian Heroes during their free time. This was a danger to Christians who would backslide and joined idol worship.
- The puritans condemned fights between naked women; such fights caused bodily injuries and even claimed lives of some people.
- The puritans also disapproved reading and listening to immoral literature. Such literature contained sexual issues, fights and violence. This caused injustice in society and made people turn away from God.
- St Augustine disapproved participation in unhealthy and childish games like eating, laughing, crying, and shouting competitions. These had nothing to do with community and personal development.
- The puritans disapproved fights between men and wild animals like lions which had been starved until they were fierce. This led to death of people.
- The puritans condemned fights between men and men. These men were either slaves or prisoners who could fight to death point and the fight was enjoyed. This was evil as it led to bodily harm and death of some people.

MISSIONARY CONTRIBUTION IN THE FIELD OF LEISURE.

POSITIVE CONTRIBUTION.

- They introduced leisure activities like fellowship, prayer meeting where the word of God was taught.
- They introduced charity activities and service based on Christian teaching e.g. visiting the sick in order to get God's blessing.
- They introduced new types of musical instruments such as pianos, keyboard, Guitar which helped in praising and worshipping God.
- They introduce Saturday and Sunday as days of prayer to God to thank Him for the good work done.
- They introduced Bible reading, Church choir and Church music All this was aimed at edifying.
- They introduced drama and music based on Bible stories such as Noah and the flood. This made Christians to live an obedient life.
- They introduced religious feast day such as Christmas and Easter where the Christians remember the birth and death of Jesus Christ the Lord and savior.
- They introduced new games such as volleyball and football which helped people to relax and become physically fit.
- They built churches and encouraged Africans to go there for prayers during leisure time and pray to God their Creator.

- Missionaries involved African in catechism where they taught people about Christian instruction which helped them to trust in God.

NEGATIVE INFLUENCE.

- The missionaries believed that African culture was bad because they worshipped so many gods.
- The missionaries condemned initiation rites, this is because vulgar and abusive language was used and it was climaxed by immoral sexual activities e.g. twin dancing.
- The African way of worshipping God was condemned this is because Africans worshipped many gods and some places carried out child sacrifice.
- Dances like Nankasa among Buganda and Imbale among the Bagisu were believed to be un-Christian because they aroused people sexually.

ASSIGNMENT:

If St. Augustine was to come to Uganda, what leisure activities would he condemn and why?

If St. Augustine was to come to Uganda, he would condemn leisure activities like the following:

- St. Augustine would condemn fighting; this does not portray the true characteristics of a true Christian life that required one to be friendly to another.
- St. Augustine would condemn drinking of alcohol among Christians. The alcohol drinks are too strong that can eventually carry the Christians away from their ideal practices.
- St. Augustine would condemn initiation rites such as naming of children after names of ancestors who were not true Christians because he considered this as unchristian.
- St. Augustine would condemn watching some television shows which show pornography and sex related items which arouse sexual desires in people hence sexual immorality.
- St. Augustine would condemn secular worldly music. This does not portray the true Christian characteristics that a true Christian should portray.
- St. Augustine would condemn the dressing of the youth such as girls wearing skimpy short dresses and skirts and boys wearing short shorts which leads to sexual arousal among Christians which does not please God.
- St. Augustine would condemn social media use by the youths because it has led to rapid exposure of the young to pornography which ruins their culture.
- St. Augustine would condemn idleness among Christians because it results in them committing crimes such as theft and prostitution among them.
- St. Augustine would condemn visiting of beaches on Sundays during their leisure that should be for glorifying God and going to church because visiting of beaches is a waste of time and culture.

- St. Augustine would condemn smoking by the youths and some elders because it's a waste of money, time and leads to chronic diseases like cancer.
- St. Augustine would like condemn Night discos especially among the youth where by drink a lot of alcohol and wear indecently. This also encourages sexual immorality which is a sin before God.

A. OLD TESTAMENT.

- The Old Testament teaches that leisure is a God given which should be promoted e.g. God worked for 6 days rested on the day. [Gen1].
- The Old Testament teaches that resting after work obligation therefore, we should rest after work e.g. in book of Genesis, God rested after creation of the in 6 days.
- The Old Testament teaches that there is time for everything, time for work and for leisure so people should balance their life. [Ecclesiastes 3:1-11].
- The O.T teaches that leisure is good time for paying visits to friends. Job's three [3] friends visited him to sympathize with him. [Job 2:11-12].
- The O.T teaches that leisure is a time for repentance for the sins committed to God i.e. leisure is used to call people back to God.
- The O.T teaches that Sabbath is a day for the Lord they should be kept holy and should be free from work but worshipping God. {Exodus 20:5}.
- The O.T teaches that leisure is for making pilgrimage to holy places to strengthen one's faith. E.g. The Israelites went to Jerusalem time to worship God.
- The O.T teaches that leisure is a time for in order to get answers from God concerning our problem e.g. during leisure time Hannah went to the temple and prayed for a child and God blessed her with the son called Samuel. {1 Samuel 1:9-18}
- The O.T teaches that leisure is a time that God talks to his people through dreams therefore we must listen to God's voice during leisure. Samuel was called at night when sleeping and was made prophets.
- The OT teaches that leisure should be used for constructive activities that glorify God. E.g. in the book of Genesis, when Adam had rested God created Eve from him and this changed Adam's condition of life. (Gen 2:21-25)
- The O.T teaches that leisure is for reflecting on God's creation and wonders of the world around them so as to appreciate God. E.g. God was pleased with his creation and concluded that it was beautiful (Gen).

LEISURE IN THE NEW TESTAMENT.

- The N.T teaches that leisure should be used to help those who are suffering in order to give them comfort e.g. Jesus during his leisure time visited those who were sick and healed them like Peter's mother-in-law. {Mark 1:29-30}

- The N.T teaches that leisure should be used to party and celebrate with others so as to have fun e.g. Jesus attended the wedding at Cana where he turned water into wine. {John 2:1-14}
- The N.T teaches that leisure should be used for prayer to God in order to overcome difficulties in life e.g. Jesus called on his disciples to leave the crowd after preaching and go to a lonely place and pray. {Mark 6:31}
- The N.T teaches that Sabbath should be observed as a day for the Lord to thank God for the good thing He has done e.g. Jesus observed the Sabbath e.g. going to the synagogues for prayers.
- The N.T teaches that leisure is for fellowship and celebrating the Lord`s super to remember Christ`s death for our sin`s e.g Jesus had the last supper and requested to celebrate it with his disciples.
- The N.T teaches that leisure should be used for its right purpose rather than enslaving man e.g. Jesus said the Sabbath was made for the good of man and not man for the Sabbath.
- The N.T teaches that leisure should be for playing with children to give them company. E.g. Jesus enjoyed the company of the children. He played with them freely in his arms and he pointed out that the kingdom of Heaven belongs to the children. (Mark 10:13-16)
- The N.T teaches that leisure should be used to engage in Christian Instruction or interpret scripture. E.g. Mary and Joseph left Jesus behind interpreting scriptures to the religious leaders. {Luke 2:46-47}
- The N.T teaches that leisure should be for resting after work to regain the last energy. e.g. Jesus called his disciples to go to a lonely place and rest and leave the crowd after preaching to them. {Mark 6:31}
- The N.T teaches that leisure should be used for story telling so as to pass time and learn something from the story e.g. Jesus had a conversation with a Samaritan women at Jacob`s well. {John 4:7}

IMPORTANCE OF SABBATH IN THE OLD TESTAMENT.

- It was a day of thanking God for life and energy being given to some throughout the six days of the week.
- The Sabbath was used to create relationship with other people through joint prayers visiting each other .etc.
- The Sabbath day helped the Israelites create unity among them because it was a day when they would meet in the temple to worship God.
- The Sabbath was seen as a day of purification of man`s heart through sacrifices .e.g. sin offering.
- The Sabbath was an act of fact in God by keeping this day holy because it was part of the commandments God gave to the Israelites on Mt. Sinai.
- The Sabbath in the O.T helped man to rest from work.

- The Sabbath was a time of recognizing and recalling the creation of God .i.e. He created the world in 6days and rested on the 7th Day {Sabbath}
- The Sabbath helped to draw people near to God through prayer and sacrifices.
- Through observing the Sabbath, man was recognized because he was created in God's image because the Sabbath was established by God.
- The Sabbath prevented the Israelites from being greedy for material things because no work was to be done that day.

ORDER AND FREEDOM

JUSTICE IN SOCIETY.

What is Justice? {Meanings of Justice}

Justice refers to good treatment among people in community aimed at ensuring good relationship without causing injury to each other.

- Justice is associated with what is rightful, lawful and fair .e.g. in the library, children are supposed to observe silence in order to enable others concentrate on their studies.
- Justice means allowing an individual develop as a human being free from oppression and exploitation .e.g. some step mothers deny to their children which is injustice.
- Justice means provision of basic needs of life to people especially to family members .e.g. food. Clothes, shelter, care and education.
- Justice refers to helping one another to develop mentally spiritually and economically by giving jobs the un employed counseling those with problem and preaching God's word to them.
- Justice is having respect for human right by allowing people to have their right to education, marriage and movement .e.g. in Uganda, a person above 18years is allowed to marry or get married.
- Justice is fair treatment of everyone for the good of human life e.g. in class, each student should be treated equally without discrimination, even the disabled.
- Justice means having a good relationship with others like sharing, problems and joy in society e.g. in case of a wedding for your workmate, colleagues have to contribute towards the success of the function.

IMPORTANCE OF JUSTICE.

- It help people in authority to give fair judgment to wrong doers in courts of law after a fair hearing of a criminal .e.g. Sebuwufu of pine car bond was sentenced to 40years of prison after killing Dona Katushabe over a car debt 9million in Uganda.
- Justice help to ensure respect for human rights .e.g. a right to eat that is why prisoners are given food and education in Luzira prison.

- Justice protects the society and enables it to develop and achieve its set goals. E.g. NEMA protects and preserves the environment by refusing people to build in the wetlands.
- Justice promotes a good relationship with God and others in society e.g. in the Ugandan constitution if you defile a person you will be imprisoned between 14 years. This has reduced on defilement cases.
- Justice controls anger and selfishness in society which is a root cause of injustice in society e.g. in Uganda children have a right to inherit 75 % of their parents property and the rest goes to the mother and the heir.
- Justice enables us to live responsible lives by following law and order e.g. Drivers are meant to follow traffic lights on the road to reduce on accidents on the road.
- Justice allows equal distribution of resources which leads to balanced development eg through the national budget, government advocates for road construction in all parts of the country.
- Justice helps to maintain law and order which leads to good organization in society.
- Justice leads to good health of members in society because health services are provided sufficiently eg the government is renovating Mulago Referral Hospital to ensure good treatment of patients.
- Justice brings about economic development in the country since there is peace and stability. Destruction of people's property is absent.
- Justice avails jobs to people and those who are qualified for them access them since bribery and corruption is eliminated.

TYPES OF JUSTICE.

CULTURAL JUSTICE.

This is where members of a given tribe follow their cultural norms e.g. in Mbale all males have to circumcise as a given sign to show that they grown from childhood to adulthood.

MOB JUSTICE.

This is a situation when a group of people take responsibility into their own hands to administer a punishment to a suspected criminal without legally handling the case.

POLITICAL JUSTICE.

This is where people are given a right to take part in politics of their society e.g. voting and being voted for as a leader in Uganda. In Uganda every person above 18 years has a right to vote and be voted for as a leader provided he has the necessary requirement.

SOCIAL JUSTICE.

This is where there is respect of one's rights without discrimination in the society according to age, race, and tribe.

ECONOMIC JUSTICE.

This is where there is equal utilization of resources by all members of the society e.g. roads and Hospitals being constructed around the country.

RELIGIOUS JUSTICE.

This is one's freedom to worship God as an individual without being interfered with e.g. "born again" Every 31st December people go to Nambole stadium and have end of year prayers led by Pastor Serwadda Joseph.

NATURAL JUSTICE.

This is protection of every one's right to do what they want without to do because each person was independent of the other.

LEGAL JUSTICE.

This is the rule of the law of a given country where respect of the constitution is observed by closely following it.eg in Uganda according to the constitution, it says there is no presidential term limits. You can stand as many times as you can.

HOW JUSTICE IS MAINTAINED BY THE GOVERNMENT OF UGANDA.

- The government has opened rehabilitation homes for children, this has helped children to improve on their morals e.g. Naguru rehabilitation centre which has helped to rehabilitate drug addicts.
- The government has given amnesty to former rebels which has encouraged reconciliation in the country, hence promoting peace.eg the Uganda government gave the returnees of the lord' resistance Army a chance to join the UPDF forces.
- The government has gone ahead to protect the consumers from being exposed to low quality and dangerous goods e.g. the Uganda government set up Uganda National Bureau of Standards (UNBS) this has helped to maintain the standard of goods in the country produced.
- The government has promoted free mass media this has made it possible for people to get access to both external and internal news.

- The government has promoted gender balance in all sectors of the economy by encouraging women to participate in development e.g. Janet Museveni minister of education, she has tried to promote quality services in the education sector.
- The government has put in place and equipped institutions to support people with disabilities like the deaf and the lame.
- The government has put in place children statute, there are laws designed to ensure that any adult protects children bad treatment e.g. laws against child labor.
- The government has put in place human rights commission; it protects people against physical abuse carries out investigations concerning people got on a wrong line. Police is equipped with different facilities in order to enable them promote peace and harmony.
- The government has also promoted constitutional government of the country.
- The 1995 constitution stand as the supreme law of Uganda upon which decisions are made. This is protecting people from unlawful casts.
- The government has promoted free education especially and Universal Primary Education {UPE} even in higher institutions own by the government A certain percentage of students are sponsored this has enabled people to different backgrounds to have access to education.

OBSTACLES/SET BACK IN THE PROMOTION OF JUSTICE.

- The Decommmercialisation of justice has made it difficult for people can't be treated fairly. The poor people can't be able to pay the required cash may be victimized innocently in courts of law.
- The high cast of corruption and bribery has hindered the promotion of justice. Public facilities are to satisfy aims of a few individuals e.g. Godfrey Kazinda embezzled funds meant for malaria, tuberculosis from the prime minister.
- The high level of poverty among people makes it difficult for justice to be promoted .Some people commit crimes due to poor standards of living. This explains why there is an increase in the rate of theft.
- The existing level of permissiveness to commit more crimes people exploit this chance to do whatever they want without considering the bad effect of the others.
- Political instability hinders the work of officers in charge of promoting justice. The decline in carrying out duties due to the fear of losing their lives. This exposes people to a lot of injustice.
- There is too much ignorance among the people some people commit crimes without knowing. This hinders the effective ways of promoting desired injustice .e.g. step mothers who deny their step children food and married people kill each other out of suspicion on grounds of adultery.

- Weakness within the state laws criminals have set free in a number of occasions. This gives them changes exploit such weaknesses and commit more crimes .e.g. there is no law against adultery in Uganda today which has increased its rate.
- Cultural rigidities some traditional customs subject people injustices and the law cannot over rule them .e.g. the Sabin's of Uganda, female genital mutilation is carried out which reduces on the sexual urge of the women.
- There is a poor investigation by officers concerned. This leaves out a lot of cases of injustice s unsettled. This makes the victim to continue with their suffering.
- The few mass-media has produced materials that affect people`s morality positively .e.g. the watching of war films is responsible for the violence and hooliganism among the youth as they tend to copy what they watch.

INJUSTICE IN THE PRESENT SITUATION:

1.Child abuse:

Some children are victims of strenuous work .e.g. Hajat Aisha was burnt using a tin lamp by her step mother in Masaka, some child which makes them to get tired.

2.Marital unfaithfulness:

Some married people are failing to keep their vows and engage in adultery which is unfair to one partner .e.g. Had Jane Kiganda, a wife to Pastor David Kiganda of focus centre in Kisenyi, committed adultery with a chapatti seller from Nsambya Kevina zone.

There is oppression and exploitation of workers by different employer. This is being done in many ways including sexual harassment .e.g. the 3pakistan men who raped and sodomized the house girl in 2004 in Kampala.

There is bullying in different institutions such as school, The new comers are teased in many ways such as beatings at times results into death in 2000 a S.1 boy in Namilyanyo college was bullied and killed by his fellow students which brought pain to his parents.

There is murder of innocent people which has denied them to live .e.g. Lydia Draru killed concubine, Major General Kazini early in the morning with an iron bar.

Some women practice abortion which is an injustice to an unborn child since it has a right to live.

There is embezzlement of funds which has led to low development of society as people use public money for their own personal /selfish gains .e.g. Hon. Byandala, Former minister of transport embezzled 24billion Uganda shillings meant for construction of Katosi-Mukono road.

Rape is an injustice because sexual satisfaction is attained without the consent of one partner. It also leads to bodily injuries and death.

Mob justice the crowd being driven by emotions tends to execute justice without following any legal procedure, this results into death of the victim.

Justice today has been commercialized. It depends on the ability to pay some cash which is an injustice to the poor who can't pay and are innocently victimized.

There is tribalism among people which denies other people of their rights to employment since employers give job to their tribesmen even if they are less qualified.

INJUSTICES AGAINST WOMEN IN UGANDA TODAY:

- Some women are subjected to polygamous marriage. They are forced to share a man against their will, this denies them love, peace and sexual enjoyment.
- Some women are ever loaded with domestic activities. The men simply sit and watch a belief that such are natural beauties of women which makes them get tired.
- Some men subject women to beatings as a way of disciplining them which leads to bodily harm and a times death.
- Some men look at women as sex objects. They are simply employed to satisfy their men's needs without any hesitation.
- Some women are divorced in the society and they are not given a chance to defend themselves, therefore they become social misfits, humiliated and limit their socialization with people.
- Some women are denied family headship their position in family affairs is low. The men are considered superior and therefore give more respect.
- Some women are forced into marriage. This is because of the desire of marital material wealth benefits therefore they are treated unfairly by denying them a chance of making their own choices.
- Some women are denied a chance of inheriting their father's or husband's property incase of death this is because of the belief that all property belong to the husband meaning it's brothers to take control.
- Domestic violence is on the increase. Men beat and even kill their wives for simples issues .e.g. Hon. Gobi Hussein murdered his wife Rehema Nasur from Mukono district as he suspected her having committed adultery.
- Women are still blamed today for barrenness and for sexually transmitted diseases which hurts them because they love children.
- Some parents prefer educating sons to daughters. This leaves the women illiterate vendering them helpless to improve on their standards of living in future.

- In some communities inheritance of widows is still upheld. The brothers of the deceased take over the wife with a belief that is a property of the family. This humiliates the women.
- Women in some societies are still subjected to food taboos. This denies their food values and are vulnerable to diseases .e.g. in Buganda, some old women don't treat grasshoppers, eggs, chicken deprives them of nutrients.

CHILD ABUSE:

Child Abuse is the ill treatment of a child by either a parent or another adult, in Uganda children's right have been abused in the following ways;

- Some children have been defiled by mature people, they have sex with them which is an abuse because they not ready for such acts and get psychologically tortured e.g. Muwanga of Matuga defiled a 3 months old girl and was sentenced to 7 years in prison many years back.
- Some children are denied medical attention when then they fall sick. This leaves them sickly and weak which may eventually lead to death.
- Some children are aborted by their mothers; therefore such children are denied a chance to live.
- Some children are denied a chance to inherit their father's property when they pass on especially the girls .People assumes that they will get married and yet they have a right to inherit their parent's property.
- Some parents disown their children as if they are not their biological children; at times such children are chased away from their homes which expose them to suffering.
- Some parents tend to underfeed their children by giving them little food intentionally, this leaves the children weak and malnulsheed
- Some children are overworked at home, they are given difficult duties. This leaves them restless.
- Many children are subjected to child labor; they are employed as housemaids in homes. This puts children at a big risk of being defiled, oppressed and exploited.
- Some children are forced to get married by their parents against their will because parents want money. This denies them a chance to enjoy their marriage.
- Some children are victims of corporal punishment even when they have committed light offences which lead to bodily harm. E.g. a grandfather in Bugiri burnt the hands of his grandson for stealing posho that had stayed overnight.
- Some children are killed or sacrificed and given to ancestral spirits as a way of pleasing them in order to become rich, e.g. Bwere in Busia sacrificed his nine year old brother because he had been deceived that he would become rich after joining illuminate.
- There is teasing in schools by other children which inflicts torture on the children and prevents them from comprehending in class.

WHAT ARE THE CAUSES OF BULLYING /TEASING IN SCHOOLS?

- Age differences of students, students in upper classes are older than those in lower classes. They command them to do things for them since they are much older.
- Some students want to feel greater than others; they end up bullying other students to feel respected and honored.
- Lack of strict rules and regulations against bullying. This makes students to continue bullying others since nothing is done to them.
- Some students are very stubborn; they bully others to see what will happen.
- Some students are very greedy i.e. are never satisfied with what they have and end up bullying other students by taking other students property by force.
- Students who come from poor family background where they see their parents disrespecting others and torturing others. This makes children copy and implement what they have seen.
- Some students are more favored than others by teachers; they usually take advantage of this and are left unpunished.
- Some students are very hot tempered. They commit crimes like fighting without thinking of the outcomes

WHY IS BULLYING A FORM OF INJUSTICE?

- Bullying violates human rights and freedom like the right of speech which forces some students to become silent.
- It leads to death of the victim due to psychological torture and denies one a right to live, e.g. a boy who was killed in Manjas school in Mbale through electrification and was in form six.
- The student loses interest in education due to the harsh performance and leads to decline in performance.
- Bullying causes sleepless nights to new students because they fear to be attacked by old students at night.
- Bullying gives new comers a bad example. They also end up bullying new comers when they are promoted to the next class.
- Bullying leads to hatred of both the school and the individual involved in the exercise of teasing, one loses love for the school.
- Bullying leads to violence in case of revenge thus leading to various crimes like destruction of property and bodily injuries.
- Bullying creates fear among new comers, some end up hiding, missing meals, and lessons due to fear of being teased.
- Bullying humiliates a person by creating in him a bad feeling; he no longer wants to be in society. His self esteem is tarnished.

- Bullying makes new comers to have psychological torture which makes their lives uncomfortable in a new school.
- Bullying abuses the human dignity of those being teased, they are reduced to objects of amusements

What can be done to control teasing in school?

What can be done by the school administration to control bullying?

- The school administration can put up strict rules against bullying such as expulsion of students who bully others. This is intended to show a good example to the rest of students.
- The school administration can encourage students to elect school leaders to ensure peace in school.
- The school administration can set up a disciplinary committee to give punishments to students who carry out bullying to deter other potential criminals from doing the same.
- The school administrations can carry out guidance and counseling, a trained counselor can conduct sessions with students to enable them have a better life in society especially these from poor family background.
- The school administration can provide security especially in dark corners for example security personal, this can help control teasing by stubborn students who move the whole compound.
- The school administration can treat students equally as discrimination leads to teasing especially by the favored students who know that nothing will be done to them if they teased others.
- The school administration can sensitize students about the dangers of bullying which can help them change their attitude towards revenge.
- The school administration can encourage students to elect good dormitory captain {leaders} to ensure that bullying is stopped in the dormitories where students sleep.
- The school administration can punish the bullies by caning them in front of their parents and students in order to inflict the same pen on the student as he did to his friend.

MOB JUSTICE:

This refers to a situation where by an emotional crowd of people administers punishment to a suspected criminal without following the law.

The suspected person may be burnt stoned or stripped naked.

CAUSES:

- Mob justice is caused by ignorance about state laws. A suspected criminal is innocent until proved guilty.
- Mob justice is caused by corruption in courts of laws as many criminals are defended and set free which annoys people and they administer punishments by themselves.
- Idleness. An idle mind is the devil's workshop; idlers can influence other people to administer a punishment for crime committed with false belief of being occupied.
- Delaying in judging cases in courts of law people are frustrated because of the delay in court so people, don't following legal processes incase another suspect is arrested.
- Decline in religious morals. People are driven into in just actions like stoning other because they lack religious values such as forgiveness, love, kindness and patience.
- Excessive drug a base like taking opium. People acting under the influence of drug lack in proper judgment and a sense of humanity, so they take the law in their hands and punish anybody suspected to have committed an offense.
- Influence of the mass media. The mass media exposes the weakness of the government in handling criminal cases which sharpens the minds of the general public and plants aggressiveness.
- High temper of some people. Some people act unjustly even a small mistake is done because they get annoyed so easily so they punish any body suspected to be a criminal loss of respect for authority.
- People have lost respect for police officers and they carry out mob justice to intentionally show them that they are too weak to control the affairs of the community.
- Lawlessness during political instability. During political instability morals of people tend to degenerate and people behave anyway because they are frustrated with their lives so they take the laws in their hands.
- It is a preventive method of stopping more criminal activities from being committed. Punishing suspected criminals acts as a living example and warning to there that have the intension of doing the same.

WHY IS MOB JUSTICE AN INJUSTICE / REASONS WHY MOB JUSTICE IS AN INJUSTICE?

- It may result into death of a suspect and therefore an injustice as no one the right to end someone's life a part from God.
- It causes permanent body injuries to the suspect. This violates the rights of the suspect of being treated fairly.
- Innocent people are punished, mob justice doesn't give one change to the suspect to defend themselves therefore being end up being punished.

- Mob justice under minds the work of judges who are officially responsible for passing judgment and punishment for a crime committed because the criminal isn't present to them for trial.
- Mob justice destroys the evidence that the police need from the suspect especially in the event of death. This blocks the smooth carrying out of investigation.
- Mob justice humiliates the suspect publically because he / she are undressed in front of the people. This makes the suspect loose respect from the public hence making him/her a social misfit.
- Mob justice creates permanent hatred and a heart of revenge among people especially if carried out on village level. This increase in security and deprives people from happiness.
- Mob justice ignores the nature of the offense committed both minor and major offenses are given the same punishment which is unfair to who could have stolen food.
- Mob justice destroys property. People destroy the suspect proper because of anger which is unfair because at time he/her is innocent.
- Mob justice under mind authority all suspects are meant to be handed over to police courts of law other than administration person judgment.
- Mob justice is unconstitutional. According to the Ugandan constitution. Everybody is innocent until guilty proved by court people have a right to a fair hearing.

THE EFFORT OF THE CHURCH IN FIGHTING INJUSTICE TODAY:

- The church has built homes for the disadvantaged church children this has provided them with basic need .e.g. the protestant built Sanyu Baby's home at Mengo where orphans and poor children a provided with basic needs such as education and shelter.
- The church has always preached equality in their sermons all human beings were created in God's image this has helped people to treat each other with respect.
- The church is extending financial assistance to people who are constrained financially this helps in reducing the level of poverty it's problem .e.g. Centenary Bank under the Catholic church gives out loans to poor people to start small scale projects which helps them to improve on their lives.
- The church is constructing health centers and hospitals which help to treat people from diseases .e.g. Mengo hospital which is constructed by the Protestant church treats people off their diseases including eye defects.
- The church is providing employment to people of different backgrounds, this is helping to keep people from idleness, one of the root causes of injustice e.g. theft.
- The church is involved in the education of masses by building schools thus promoting literacy and eliminating illiteracy. For example, The Catholic Church constructed Uganda Martyrs' Namugongo SS which is helping to educate many students.

- The church is providing guidance and counseling services to people with problems, this is helping to rehabilitate the lives of people who could have been subjected to injustices out of frustrations.
- The church has been holding peace talks between conflicting parties hence, resolving conflicts among them.
- The church preaches Christian values of love, forgiveness, and patience to exist among people. This is aimed at making people live together as children of God to live in peace and harmony.
- The church is uplifting the status of women through financing women's projects and allowing them to become religious leaders, this has made them gain respect in society.

CHRISTIAN TEACHINGS THAT HELP TO RESTORE JUSTICE IN SOCIETY

- Christianity emphasizes love for one another i.e. showing concern for others.
- Christianity teaches about forgiveness and Jesus forgave the adulterous woman which enabled her to regain peace.
- The Christian teaching encourages equality for all; Jesus welcomed children, tax collectors, and sinners. This helped them to transform and they became better people.
- Christianity encourages reconciliation instead of revenge just like Jesus reconciled man to God.
- Christianity condemns injustices and advocates for fair treatment of people. For example Amos condemned the women of Samaria who were so demanding and made their husbands to oppress the poor.
- Christianity emphasizes/encourages charity work like helping the sick and poor.
- Christianity emphasizes serving others, for example Jesus served disciples by washing their feet, this gave a good example of a servant.
- Christianity encourages repentance of one's sins to people we have offended.
- Christianity calls for peace and unity amongst people to enable them live in harmony.

JUSTICE IN ATS HOW WAS JUSTICE MAINTAINED IN ATS?

- Africans had consideration for those in need which helped them to live a happy life. For example a hungry stranger was allowed to pick food from some one's garden provided he did not carry a lot.
- There was public confession of one's mistakes, an individual was brought in front of the public to denounce his sins, asked for forgiveness and was forgiven by the society.
- The needs of the society were supreme (came out first), they were more important than the individual interest. People aimed at satisfying the basic human needs of all members and resources were communally owned.

- Maintaining social harmony was an important aspect of justice therefore, teamwork in every activity within the community was encouraged, and for example they carried out communal harvest.
- Orphans, widows and crippled were looked after by the relatives. They provided security to their members and basic needs. They had to be treated equally without discrimination.
- Justice was maintained through prayers and other rituals that were performed regularly to their gods to maintain good relationship between the dead and the living in order to get blessings from them.
- Justice was maintained through payment of bride wealth and dowry especially for a girl who wanted to be married off and acted as a sign of appreciation for work done. For example in Ankole among the Banyankole, the groom's family paid 100 heads of cattle to the bride's family in order to acquire a wife.
- Justice was maintained through blood pacts between families, individuals, clans and tribes. It was carried out in order to create strong bond which ensured a permanent relationship and reduced on hostility among people. For example I in Buganda, coffee beans were used "okusala Omukago" among individuals like husband and wife which lead to family stability.
- Justice was maintained through severe punishments which were given to those who broke society rules and regulations to serve as an example to the rest. For example among the Bakiga, girls got pregnant before marriage were thrown over River Kisizi by the brother to serve as an example to the rest.
- Justice was maintained through use of local courts which was made of influential people in the community and their work. This was intended to enable them reconcile with conflicts in order to live in peace.
- Justice was maintained through compensation, a wrong doer had to pay for his/her sin as agreed. This aimed at mending relationships among people, for example among the Baganda some people were caned.

WEAKNESSES IN AFRICAN TRADITIONAL UNDERSTANDING OF JUSTICE.

- In African Traditional Society, women were denied the rights to inherit their husband's property. The property was only given to the sons or to the brothers of the husband which was an injustice to them.
- In ATS children were sacrificed to thank their gods and ancestors for the good things they did when still alive, this denied children a right to live.
- In ATS widows were inherited by their husband's brothers without their consent, this made them very unhappy in the marriage.
- In ATS women were taken as sex objects, they were used to satisfy men's sexual desires against their will. This made them lose their enjoyment in marriage.

- In ATS Children's rights were ignored and were denied a chance to advise or question the elders, for example among the Baganda a child who questioned the father was chased away from the family which denied them freedom to expression.
- In ATS, women were subjected to female genital mutilation which was to reduce their sexual desire which denied them their freedom to sexual enjoyment .e.g. In Kenya among the Nandi the clitoris was cut to prepare them for marriage and reduce on their sexual desire {argue}.

INJUSTICES IN ATS:

- Women were taken as sex objects they were used to satisfy men sexual desires against their wish .e.g. among the Bahima a wife in a home given a loved visitor to entertain him sexually and it was called "okwarirana" and it was a sign of hospitality.
- In ATS, Women were used as beasts of burden where they did most of the work .e.g. among the Bakiga most of the men took local brew {"omuramba"}.
- In ATS, girls were forced into marriage which was against their choice and a time the men were old which denied them enjoyment in marriage.
- In ATS, widows were inherited by the brother of the deceased who was against their will. Could be they wanted to get another man.
- In ATS, Women and girl were denied a chance to inherit proper at home because they were to go away and got married which violated their right of inheriting their parents' property.
- In ATS, human sacrifices were carried out same children were sacrificed with a belief that their blood to save their society from bad events such as death. This violated their right to life.
- In ATS, children views were ignored and were denied a chance to advise or question the elders authority will denied them freedom of expression .e.g. among the Baganda a child who questioned the father would be chased away from the family they were considered to be undisciplined.
- In ATS, there was class discrimination they had the royals and the non royal classes and the royal class exploited the non royal class by overworking them since they were their subjects. This made them tired.
- In ATS, women were denied a chance of eating certain types of food this denied them proper health because of the absence of some food .e.g. In Buganda women were denied chicken eggs, grasshoppers for fear that they would make them barren.
- In ATS, girl were subjected to female genital mutilation which was to reduce their sexual desire because they were denied sexual enjoyment .e.g. among the Nandi of Kenya the clitoris was cut in order to proper her for marriage and reduce her sexual argue.

- In ATS, twins were taken as a bad o men and they would be killed which denied from a chance to live .e.g. among the Ibe of southern Nigeria twins were taken to the evil forest where they were killed from.
- Traditional Africans migrated the minority group of strangers these people were not allowed to own land and intermarriage with the majority this limited their freedom.

INJUSTICES IN CHURCH TODAY:

- Some church leaders have been unfaithful to their vows which they made i.e. they have sex outside marriage which leads to divorce .e.g. Pastor Bugingo of House of Prayer Ministries International is believed to have committed adultery with Susan Makula and wants to divorce his Teddy Bugingo.
- Some church leaders misinterpret God`s word to their own advantages they have used the idea of offering to God {Kakande Ministers} uses holy water and holy rice and gets a lot of money from them.
- Some church leaders are hypocrites they don`t practice what they preach hence serving as a bad example to the other Christians .e.g. Pastor Imelda Namutebi of Liberty Worship centre got married to another woman`s husband who had children with her.
- Some church leaders use tithe and offertory for their personal needs such as buying cars instead of using it for the benefit of other.
- Some church have institutions such as schools where they favor people of their own religion they deny jobs to people who are capable.
- In some church segregation is practiced where the front seats are reserved for the rich .i.e. the rich came late for church service and the poor people who come early are made to leave their seats for the rich.
- Some Christians are made to pay a lot of money in order to access church services such as holy matrimony praying for the sick and the dead this is a form of exploitation .e.g. All saints church Nakasero the Bride and groom have to pay money {1 million} to the church before getting married.
- Some Christians struggle for power and there is power struggle among religious leaders which leads to enmity and death a time.
- Some Christians together with their leaders have misled fellow Christians to false belief leading to death .e.g. priest Kataribabo misled people of Kanungu with a belief that Jesus was coming back in the year 2000 and when he didn`t appear he killed close to 1000 people.
- Some church leaders Condon {support} sin they distort Biblical information and support immorality for their own benefit .e.g. the former Bishop Ssenyenjo of West Buganda Diocese was denounced because he was supporting homosexuality.

ASSIGNMENT:

WHAT IS THE IMPORTANCE OF SCHOOL RULES AND REGULATIONS?

- They promote discipline among students since students fear punishments.
- It promotes peace among students since they know that if they disobey the school rules and regulation they will be given punishments like expulsion.
- They make the work of teachers easy since students know what to do.
- They help to keep the school in good condition since students will avoid things which lead to punishments.
- They simplify students leaders work since they will not know that the fellow students know the rules and regulation and will follow them.
- It leads to friendship among student since there is no bullying among them.
- They create a good learning environment for new comers since there are school rules and regulation about things like bullying.
- They create unity and solidarity among students since things like fighting are prohibited in school.
- They encourage students to work hard for fear to be chased from the school.
- They enable students to be morally upright as they are prohibited from practices such as lesbianism and homosexuality.

WHY DO STUDENTS BREAK SCHOOL RULES AND REGULATIONS?

- Students break school rules and regulations because of peer group influence as they desire to fit in a group.
- Students break school rules and regulations because some come from poor families and end up stealing in order to get what they want.
- Students break school rules and regulations because of greed for material things so, they end up teasing and grabbing other student's property
- Students break school rules and regulations because they want to feel greater than others and they want to show that they are above the school rules since they come from influential homes.
- Some students break school rules because they are short tempered without thinking so they commit crimes like fighting without thinking of the outcome of the action.
- Some students break school rules because of age differences students in upper classes are normally older than those in lower classes so they tend to order them to do things for them since they are much older.
- Some students break school rules because of discrimination and teachers they take advantage of this knowing that they will not be punished by the teachers.
- Some students break school rules because of pride they consider themselves to be wealthy and cannot be punished.

- Some student break school rules because of frustration and stress for example if a student is being bullied by other he/she may end up fighting which against the school rule.

WHAT CAN BE DONE BY THE SCHOOL ADMINISTRATION TO ENSURE THAT SCHOOL RULES ARE FOLLOWED:

- The school administration can encourage school leaders' students to elect good leaders to ensure that school rules and regulations are followed by students.
- The school administration can put up disciplinary committee to give punishments to students who break school rules so that they can reform.
- The school administration can carry out guidance and counseling by employing a trained counselor so that students can learn to continue living in a society.
- The school administration can advise parents to provide their children with scholastic materials to avoid cases of theft which is one way of breaking the school rules.
- The school administration can provide security in school by installing cameras to trap student who break school rules.
- The school administration can sensitize students about the dangers of break school rules like being expelled from school which the relationship between parents and children.
- The school administration can punish wrong doers by can in order for others to learn a lesson from them and follow the rules.
- The school administration can encourage productive clubs in school as debate club, poetry club which promotes learning skills and keep them free from idleness.
- The school administration can promote unity between the o`level through encouraging socializing activities such as sports, debates and so on.