



Tlhokomelo nakong ya CORONA

## Dikaedi go Baruti

LO KA DIRA ENG FA LO BOLELELWA GORE MONGWE O TLHOKAFETSE?

*“Eno ke nako e e thata thata e ka yona batho ka mo go utlwisang botlhoko ba latlhegelwang ke matshelo a bona ka ntlha ya coronavirus. Le ka nako ya go swelwa, re tshwanetse go sireletsa batho ba re ba ratang. Ga go na sekolo sa diphitlho ka nako ya Covid-19. Mo baruting ka bontsi, fa go diragala la ntlha, ga o itse gore o dire eng.”*

- Mobsopo Malusi Mpumlwana, SACC



Jaaka moruti o na le karolo ya konokono mo go tshegetseng malapa fa moratwa a tlhokafetse. O fa kgakololo le kgomotso mo dinakong tseno tse di thata thata.

Mme ka nako eno ya Covid-19, o tshwanetse gape go thusa malapa go latela melawana ya puso. Le gone melawana ya diphitlho ga e bonolo go gatelelwa!

Fa o bolelelwa gore mongwe mo phuthengong ya lona o tlhokafetse, akanyetsang gore go ka tswa go amana le Covid-19.

Tsayaditsela tsa go nna kelotlhoko fa o etela legae la bone go itshireletsa le go ba sireletsa. Mongwe le mongwe o tshwanetse go apara maseke le go tlhapa kgotsa go dirisa sebolayamegare mo diatleng tsa gagwe.

### 1. SIMOLOLANG KA GO NETEFATSA GORE LELAPA LE DIRA TSE DI LATELANG:

- Le itsise bathati gore ba kgone go tla go tsaya setopo. Thusa balelapa ka go rulaganya le mapodisi le moiteki.
- Ba biditse ngaka go rurifatsa loso pele moiteki a tlosa setopo.

### 2. TLHALOSA GORE KE ENG SE SE LETLELELWANG LE SE SE SA LETLELELWENG

#### GAKOLOGELWA!

Melawana ya puso ga e a direlwa go supa lenyatso go mekgwa ya diphitlho ya setso sa batho. E teng go thibela mogare gore o se aname.

- Balelapa ba ka leba serepa kwa motsharing kgotsa kwa dikagong tsa moiteki.
- Balelapa, ditsala le baagisani ba ka bontsha lorato lwa bona ka go leletsa kgotsa go romela melaetsa ya WhatsApp le dithapelo.
- Ka fa tlase ga maemo a Covid-19 ga go ka ke ga nna le 'tebelelo' kgotsa go leta bosigo.
- Batho GA BA A TSHWANELA go tla kwa ntlong go tla go leba serepa.
- Batho GA BA A TSHWANELA go etela lelapa.

### 3. THUSA BALELAPA GO RULAGANYETSA PHITLHO

Nna le kopano ya go rulaganyetsa phitlho le balelapa.

- Nnang kwa ntle go buisana ka dithulaganyo tsa phitlho, mme o tlhalose melawana ya Covid-19.
- Bayang ditilo gore di katogane ka sekgala ka kwa ntle. Mongwe le mongwe o tshwanetse go apara maseke.
- Thusa go tlhalosetsa balelapa melawana ya puso.

*Ba romela kwa go Dikaedi tsa Diphitlho tsa Malapa mo go churchinaction.org.za.*

- Buisana le balelapa gore phitlho e ya go tshwarelwa kwa kae.

Mongwe le mongwe yo o mo lefelong o tshwanetse go katogana le ba bangwe ka dimetara tse 1.5 mo dintlheng tsothe. Ka jalo, palo ya bayaphitlhong e ikaegile ka bogolo jwa lefelo. Mme ga go lefelo lepe le le ka nnang le baeng ba ba fetang 100. Fa go kgonega, go botoka go tshwarela tirelo kwa ntle.

- Rotloetsang balelapa go nna le phitlho ka bonako jo bo kgonegang.
- Akanyang ka go gasa ka video tirelo ya phitlho go bao ba sa kgoneng go ya phitlhong.

### TIRELO YA PHITLHO

*“Badiramongo ba me ba baruti, lona le nna re tlaa kopana le dikgwetlho tse. Boemo jwa rona bo batla molao wa botlhokwa. Polokego ke sa ntlha go botlhe. Temana ya me e e kaelang ke: “Gonne Modimo ga o a ka wa re naya mowa wa boboi, mme e le wa thata le wa lorato le wa boitshwaro. (2 Timotheo 1:7).”*

- Moruti Reiner Focke

### GO BAAKANYA LEFELO LA KOBAMELO

O na le boikarebelo jwa go baakanya lefelo la kobamelo kwa phitlho e yang go tshwarelwa teng. Tihola melawana.

O tshwanetse go dira tse latelang:

- Go netefatsa gore go diriwa tlholo ya batho botlhe ba ba tsenang gore a ga ba na ditshupo tsa Covid-19.
- Tshola rejisetara ta bayaphitlhong e e nang le maina, diaterese le dintlha tsa kgolagano.
- Dira dithulaganyo tsa gore batho ba nne ba katogane.
- Netefatsa gore palo ya bayaphitlhong ga e fete 100, go akarediwa moruti le balelapa.
- Netefatsa gore sebolayamegare le didiriswa tsa go tlhapa diatla tse di lekaneng di teng.
- Dira thologanyo ya phepatso ya lefelo la kobamelo ka gale.



### KA LETSATS LA PHITLHO

- Go opela ke karolo ya setso ya tirelo ya phitlho. Mme gape ke tsela e kgolo e mogare o anamang ka yona. Rotloetsang batho go opela ka tuulalo mo dipelong tsa bona. Kgotsa gatisang khwaere kgotsa moopelaesi go sa le pele lo bo lo tshameka kgatiso.
- Tshegetsang bolelele jwa tirelo go nna ka fa tlase ga ura. Fa batho ba kgobokana ka nako e e telejana, go na le ditshono tse dintsi tsa gore mogare o aname.
- Mongwe le mongwe yo o ilenge kwa phitlhong, go akaretsa bagogi ba tirelo, o tshwanetse go apara dimaseke le go katoga le go nna kgakajana le ba bangwe.
- Ga go na dikokoano tsa boago kgotsa ditirwana tse di letlelelwang morago ga phitlho.
- Ga go letlelelwe go tlhaba, tee, kgotsa dijo tse motho a di tsholelwang morago ga phitlho.  
*Se ke ka ntlha ya gore ga o ka ke wa apara maseke le go ja ka nako e le nngwe fela! Go tlhakanela dintsho le dikopi le gone go kotsi thata.*
- Dirang gore balelapa le baeng ba tlhaloganye gore go siame gore ga go na dijo kwa phitlhong. Ga se go tlhoka tsholo kgotsa go nna kgatlhanong le mowa wa botho fa go se na dijo. Go bontsha gore lo tshwenyetse ditsala tsa lona ka nako ya Covid-19. Lo batla go ba sireletsa.
- Fa diteko di ka supa fa moyaphitlhong a tshwaeditswe mo malatsing a le 14 morago ga go ya phitlhong, ba TSHWANETSE go itsise.