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This last morning I went to church as I do every Sunday. I arrived at the prayer house and find that the service has not started but there were a lot of people so I joined the women who were singing under a tree that was outside the prayer house. We sang for almost half an hour then a bell rang that tells everybody that it was time to enter the prayer house in order to start the service.

We all entered the room and everyone was silent waiting to hear from the Chairman of today's service. The chairman Mr. Mulumbe started by a prayer where he thanked God for the new day and also thanked God for allowing us to meet here today. After the prayer, he said that on Friday 1st December the whole world was remembering the disease of AIDS and today is the day of C.C.A.P. Christians to remember about this killer disease, so there will be a lot of things that will take place during the service and after. He told the people that he wanted to explain why the message of AIDS must be spread among Christians, for other people must think that it is a waste of time to talk about AIDS other than teaching about the Kingdom of God for other people think a prayer house is a place of worship only but it is not like that because those people at the prayer house are like any other person even who don't know God. He said that Christians can get AIDS just like any person that is why the message of AIDS must be spread even in the church in order to help the Christians to live a better life.

Then the service continued with a song number 172 which followed by a chorus by Chingota Mwale choir which was talking about the disease of AIDS. They sang that the disease of AIDS has killed many Christians who were important in the church.

Then there was a reading from the Book of John chapter fourteen from verse one up to verse fourteen and here is the reading which has the heading; "Jesus The Way to The Father." "Don't be worried and upset" Jesus told them. "Believe in God and believe also in me. There are many rooms in my father's house and I am going to prepare a place for you. I would not tell you if it were not so. And after I go and prepare a place for you I will come back and take you to myself, so that you will be where I am. You know the way that leads to the place, where I am going."

Thomas said to him, "Lord we don't know where you are going, so how can we know the way to get there?"

Jesus answered him, "I am the way, the truth and the Life, no one goes to the father except by me. Now that you have known me," he said to them, "you will know my father also and from now on you do know him and you have seen him."

Phillip said to him, "Lord show us the father that is all we need."

Jesus answered, for a long time I have been with you all, yet don't know me Phillip? Whoever has seen me has seen the father. Don't you believe Phillip that I am in the father and the father is in me? The words that I have spoken to you do not come from me. The father who remains in me, does his own work. Believe in me when I say that I am in the father and the father is in me. If not, believe because of the things I do. I am telling you the truth; those who believe in me will do what I do, yes they will even greater things because I am going to the father and I will do whatever you ask for in my name. So that the father's glory will be shown through the son. If you ask me for anything in my name I will do it.

This is where the old man stopped and during preaching time a certain church elder by the name Mr. Nkono explained that in the passage Jesus was telling his disciples about the relationship which is between himself and his father who is God, who is also our father. He told everyone to take himself as a disciple of Jesus and that the passage is the discussion between Jesus and us because all Christians are Jesus disciples for we are continuing the work of those disciples in the time Jesus.

He explained that most people (Christians) have less faith about Jesus and others, they are not believing that there is God who will judge everyone when he/she does meet God. He said that everyone must know that he/she will die and the body will be buried inside the soil and got rotten but our soul will go to heaven where God the creator will judge according to what everyone did on earth.

He said that it is very sad for a Christian who was baptized and used to go to church every Sunday or Saturday or even attend mid-week prayers don't know that we have heavenly father. He said that nowadays there are many Christians who don't know him. This is like that because many people have sinned, they are still sinning although they hear that the world is about to go to an end. He said that he don't know when and how the world will end for even Jesus did not know but only God our father knows so the best thing that people can do in order to have a place in heaven where Jesus went to prepare is to stop sinning, repent and return to God by following the footsteps of Jesus who is the way, the truth and the life. He said that a person finds it difficult to follow what Jesus said for they think that Jesus was teaching his disciples only but that is true for the Bible is the same that our ancestors used and we are using the same Bible and our children which will be the next generation.

He said that because of the riches of the world people began to forget about God. He said that in the passage the old man read that Thomas, who was one of the disciples of Jesus

asked him that how can they know the way to get there for they don't know where Jesus was going.

Mr. Nkono said that it is very sad for a man like Thomas who saw Jesus, walked with him hearing his teachings and even [seeing] his miracles to ask Jesus where he was going for Jesus was a great teacher that one who hears from him can stop his evil doings or can easily follow his footsteps. He said that this shows that there are other people who are difficult to understand for in the same group where Thomas was from, we can find that there were other people who have already started following Jesus. He explained that it is not strange for a class with one teacher, teaching many children the same subject but the children get divided into two groups others understand and others did not understand what their teacher tells them and when he gave an exercise other children get it correctly while others failed. He explained that the same things will happen when the world will get to an end. All people hear one message from the Bible but other people will be saved and others will go to hell. He said it is a choice to everyone, to choose whether to go to hell or to stay in God's kingdom because there are many people on the whole world who are preaching about the good news of Jesus and the Kingdom of God but people who refuse to accept these words will perish, it will be their choice.

He said that the heading of the passage is very clear that Jesus is the way to the father this means that whoever follows his teachings will reach to the father. He said that at the beginning of the passage Jesus encourages and invite everyone to his father who is God for he said that we must not get worried but only believe in God and himself for there are many rooms. He said this means that Jesus loves everyone for he did not say that only Christians but even pagans who do good things will have a place in God's kingdom for there are many rooms that even if everyone who lives on the world turn to him will have a nice place and even food to eat.

He said that Jesus was able to feed many people from a loaf of bread and few fish so God who is a great father can he fail to feed his own people? He said that God is a loving father. He cares for all the people who [are] scattered on the world and he will also care for all when they come to one place for it is his duty to care for the work of his hands, his own images.

He further explained that inside the read we hear Phillip asking Jesus to show them the father when Jesus was telling them that they have known and seen the father. He said that Jesus told them that whoever has seen him have also seen his father for he is in the father and the father in him so this tells us that Jesus was the true son of God and God also loved him that is why he was able to do anything like healing or raising the dead, indeed God was in Jesus Christ for he said that the words I spoke do not come from me but the father. He said that this is true for a human being cannot raise a dead person but only God which means that God was the one who was doing everything that Jesus was doing but through who was a human being living among people. He said that God was in Jesus because he is

very great that he doesn't want people to see him that is why he was in Jesus who is his loving son.

He said that if we read the Bible from the New Testament from the book of Matthew up to Revelation we can see that Jesus never fails, the work of Jesus never fails because God was with him everywhere he goes and in everything he did. He said that if we can follow everything that Jesus did, we can find that Jesus was praying to his father before he did everything for he was giving back God's glory for creating him. He said that Jesus did not do everything on his own although he knew that he can do everything for God gave him all the power but he realised that it is also good to respect his creator.

He also explained that after Jesus was killed he was buried but he defeated death and rose then he went to stay with God in heaven, his disciples got power from him and they were able to do miracles that Jesus did for he told them before he went to his father that those who believe in me will do what I do, even great things for I am going to the father so I will do everything you ask in my name.

He said that this is why most people end their prayers with the words "in the name of Jesus Amen" This is so because Jesus said that whoever asks in his name will receive what he/she wants.

He said that most people mentioned the name of Jesus while praying but others did not get an answer did not receive what they wanted, this could be in one or two reasons. One could be that lack of faith in Jesus - this means other people mention the name Jesus as usual, as habit - without trusting him. The other reason could be that the person asks Jesus to give him a certain thing that can be good to him but bad to other people so that person cannot be given the thing for it can bring difficulties to other people so God will not be happy to see other people crying while others are laughing.

He said that God is a caring and loving father who cannot give bad things to us, he always give helpful things to his people but we did not do the same for there is a great difference between God and us although he created a person in His own image.

He said that he will stop there for there are many things to be done which means time is limited, so he finished by saying that God must bless his own words and also us sinners.

Before closing the service, the secretary Mr. Chinseu said that Rev. Mvula planned to pray here at Kusita but unfortunately he went to Ponga where he attended a funeral ceremony of his nephew, who passed away last night on a road accident so he sent an apology due to his absent but he had remembered us by writing a message about HIV/AIDS that he requested to read the message in the church so that everyone must hear and try to follow the advice inside it so that we can have a Christian free from HIV/AIDS with good health.

Mr. Chinseu asked anyone who can be able to read the message loud and clear to help him for he is not feeling better so he will not be able to stand for a long time for the message is very long. So a choir master, Dzamkande, volunteered to read the message, he went in front and Mr. Chinseu gave him an exercise book where Rev. Mvula had written his message and he started reading as follows:

Dear brothers and sisters in Jesus' name. It is not my wish to write this message but matters has forced me. As the secretary has already informed you, I want to attend a funeral ceremony. I wished to be with you, to speak to you about AIDS, but my plan is not God's plan.

The aim of this message is to spread/advise each other about the disease of AIDS and HIV that is killing a lot of people on earth. As you know AIDS has killed our Christians last month, we had two AIDS deaths within our prayer house but most people don't know about it because we always hide that our relative has passed away with AIDS. Time has come to be open about this disease, we must tell the truth if someone has passed away or is suffering from AIDS so that our youth must have good examples within our prayer house. To those people with AIDS must stand in the open and say on public that they are positive so that people must help when they are suffering or they can be helped with food.

The message continues saying that in this area there is a bad system because once a person is known that he/she is positive, he/she will not find any peace for everywhere he/she goes she/he will be laughed and others run away saying they don't want an AIDS person to be near them which is very bad. An AIDS person is like anyone and that one day a negative person can be positive and she/he will need help from other people. So how can one feel when others run away from her/him. We must think properly before doing anything to others that is how can I feel when this happened to me. A person with AIDS must be loved like anyone else, he/she must be given help that is needed and is the person who need much help for he/she is sick and need more help and even prayers. For any person with AIDS will die soon, so he/she needs to prepare a way to heaven and one way is to pray together with the patient in order to strengthen her/his faith in God.

Another thing he read was that as Christians, we must be good examples in caring the AIDS patients whom most people fail to care for fearing of getting the disease of AIDS. Christians must love to care and help sick people for this is one of the work of a Christian even visitors/passers-by, we must help/care for them because we are all children of God. The Bible teaches of a Good Samaritan who was coming from a far country and was going to a far country helped a man who was attacked by robbers and he was beaten, leaving him about to die. A priest and a Levite, both of them serves. God failed to help the man whom they knew and they were coming from a nearby villages but the good Samaritan who didn't know anybody in the village was able to save the life of the man. Christians must act as good Samaritans. But another thing is we must be able to prevent the spread of HIV/AIDS. Married people must be faithful to their wives or husbands and to the youth they must

abstain sexual intercourse they must wait until marriage but they must test their blood before marriage in order to know their status so that they can have a good plan for their married life with health family. Amen.

The message ends there and Mr. Chinseu thanked Dzamkande for a loud and clear reading that anyone had understood. He said that there is no comment for the message is straight forward and hope everyone have understood and it's up to us to follow the message or not but his hope is that we will follow.

He said that when the last song is sang everyone must not go home for there are certain things that needed to be done before we leave because if they say must go and come again it will not work so everyone remained inside.

We closed the service with a song number thirty two but we all remained in the church and a certain boy said that people must not get worried for they will not consume a long time. He asked for attention so that we can hear what they had brought especially about the disease of AIDS. He said they have only three dramas, a comedy and songs. So he asked people to remain calm where there is something to laugh, must do so, but we must laugh while learning for they will perform lessons so that they must help in the spread of HIV/AIDS disease.

He added that it is very sad for most people who are passing away with AIDS are young people who could become future leaders but they are going leaving everything in the hands of the elders who are becoming old and will need representatives. He further said that we can see that these young people are also the ones who have many chances of learning more about AIDS for we can see that most areas have youth clubs where they can learn about HIV/AIDS. He said that although the young people know more about the disease of AIDS, they forget everything and look forward to spread AIDS they usually think that AIDS is like any disease for any disease can kill forgetting that other diseases have treatment while AIDS has no treatment when one gets AIDS he/she must not wait for anything apart from AIDS.

He said that every parent must pray harder for their children in order to avoid the disease of AIDS. Every parent must work harder to advise their children especially girls for they are easily defeated with any man when there is money.

He then said sorry for he was talking more but he did so because he was waiting for the drama group to get prepared and at last they are about to enter so everyone must listen carefully. He got seated.

Then a group of six girls and five boys entered from outside and they were singing their song big words and loud that makes people laugh. The steps they were dancing added to the laughter.

In their song they were crying for Malawi that it is carrying away by floods and the floods being the disease of AIDS and they were blaming the virus of AIDS that it did a wrong thing to come for human beings it would be better if it came for bushes or wild animals.

Their dressing also made people laugh, one boy put on rags, two boys wore smart, decent trousers and shirts and the other two dressed well but their shoes were very big and their trousers were also big and the belt were loosen so that the trousers were about to fall off while all the girls put on mini-skirts and small blouses that were very tight.

It was very interesting drama that made people to laugh at the same time felt pity that it gave a lot of people a lesson.

Some of the contents of the drama was like this one boy in rags was an orphan, he earned a living by going house after house begging for things like food and soap even clothes. The poor orphan got married to one of the girls who was a prostitute she was rich due to the money she got from her prostitution but she stopped her prostitution when she got married to the poor orphan who was happy to have a wife who cared for him, he went to stay with his wife in the house she built. The sad thing was that the wife told her husband after six months of their marriage that she has the disease of AIDS as a result they all die within two years.

Two smart boys acted as a father and a son without a mother who run away to care for the son when he was three months old and the father always tells his son that he will not marry again because women are very dangerous like wild animals that he told his son that he must not love or trust any girl but the son did not listen to the advice as a result he fell in love with a certain girl, Hope, who was a prostitute and he got AIDS and he died soon for he did not receive proper care, his father failed to care for him.

The father decided to have a girlfriend so that he must have someone to chat with and without knowing he got the same girl who was a lover to his son as a result he got AIDS once he realised that he had AIDS he committed suicide.

Two girls acted as nurses but one of the two was also a prostitute that she always had sex with any man who came to the hospital while her friend was always quiet and shout to any man who spoke nonsense to her.

There was also another family of Mr. And Mrs. Chidothi. The husband used to go to a beer hall where he used to have sex with prostitutes as a result he got AIDS and spread it to his wife who died but he was still healthy but he had the virus of AIDS and he used to tell his friends that his wife is the one who spread the disease to him for he is still healthy and alive while she is dead.

One boy and the other girls were people selling beer at the same time have sex with anyone

who volunteers to do it.

At the end of the drama it was found that all the people died with AIDS apart from the nurse, she remained alone.

After the play a certain boy by the name Clipson Divala commented on the play that it can happen to our beautiful country Malawi if we are not caring for our lives, everyone must love his/her life. Life needs to be weeded (cared for) as we do with maize so that it can grow well and health. He advised that married people must be faithful to their partners to avoid killing innocent people because it is sad for a faithful wife to get AIDS from her husband it is very painful and it is also a sin for someone will die because of someone, God will punish you.

Thereafter came another drama that was talking about the same issue but it was a bit different for this one was teaching people that a patient of AIDS must not be separated - he/she must be loved and cared. It was also teaching people good methods of caring the AIDS patient in order to prevent getting the disease.

Then came songs that talked about that it is a very dangerous disease it needs to be prevented in order to have health people who will develop our country.

Thereafter came another drama where the actors were teaching people how to prevent the disease of AIDS, good ways of prevention, how it is spread, good ways of advising young people the dangers of AIDS.

At the end of everything Mr. Chinseu thanked everyone for wasting time listening to what they prepared that day. He said that many things has been said and it is up to us to follow the advice. Then people broke out.

THE END.

7th December 2006

I left home around three o'clock, I was going to the shop where I wanted to buy sugar and soap but I did not reach the shop because I met with a certain friend who told me that she was going at Namalindi primary school campus where a certain teacher has been caught having sexual intercourse with a standard seven boy. So I decided to go the school campus.

On our way we met a lot of people going the same place. Other [some] people were running and I was surprised and I asked Mrs Msachi whom I like to call mai Single to explain what has actually happened and how for I see people running and say that we must see how she is looking with that small boy.

She told me that the teacher invited the boy to her house yesterday in the evening and the boy did not go back to his parents until today. So his parents wondered where their son was, then they started searching for him among their relatives and a certain girl told his mother that the son Landilani was called by the teacher and she escorted him there but she did not see him coming back.

She explained that his parents went to the teacher's house but they did not find anybody so they went to the head teacher's house which is behind the teacher's house to ask the whereabouts of the madam. The wife of the head teacher told them they did not see her since morning but she hope that the madam is around for sometimes she heard people talking inside the house and sometimes heard like a cry from the house.

Single told me that is a shy [shameful] thing for a lady like a teacher to be caught while the game is still played. We laughed and she continued saying that the head teacher's wife and the boy's mother went at the house and stood near the window of the bedroom of the teacher so that may be they can listen to any noise from the room.

They stood there for a long time then they heard they boy crying and telling the teacher that all what has happened is due to her so she must set him free and leave him alone. The teacher said nothing she only cried.

The boy's mother called her son and she asked what he was doing. The boy telling his mother that she must break the door and go inside so that she must see what he was doing for there is no one who will open the door.

The mother decided to borrow a panga knife in order to use it to open the door but the head teacher's wife stopped her and told her that she must wait for the head teacher for he had spare keys for every house. The wife of the head teacher went to a certain teacher where she borrowed a cell phone and rang to her husband explaining about the issue and the head teacher came within an hour.

The head teacher opened the door and got inside the house with his wife and the boy's mother. They were all filled with fear when they find the boy and the teacher on a bed while crying and they all went outside at once.

She said that the teacher cried for help for they are failing to separate so the wife of the head teacher with boy's mother went into the room where they covered them for they were all naked but the head teacher refused to see them again and when they explained how they are, the boy's mother told them that they can go and fetch herbalist who can be able to separate them if she will be able to pay five thousand kwacha.

The head teacher promised that the money will be available if the two are separated.

She was still explaining when we approached the school campus where there was a lot of people who were making a lot of noise. We heard from a certain girl by the name Dolika that the herbalist have arrived and have just entered the madam's house where they said people must not get in apart from the head teacher and the boy's mother so people remained outside the house waiting to see what will be going on.

We joined the friends who sat down under a tree waiting for the herbalist to do his job. We waited for almost an hour then the head teacher came out of the house and he called people to go near the house for he has some words to talk.

Those people who were far ran and got a place to sit down then the head teacher said that he is very sad with what has happened but thanks to be to God for things are okay for the herbalist has done his job very well. He said that he is sad because of AIDS is killing a lot of people and this way can encourage the spread of AIDS for if madam has the virus it means she has passed it to the boy and the same with the boy. He said that his advice to boys is that they must avoid having sex with women even if they give them good things for they can get AIDS and die soon before they become fathers. Other advice he gave to all unmarried women that they must get married so that they must have husbands whom they can have sex anytime they wanted other than having sex with young men for they can spread sexually transmitted diseases.

The herbalist spoke to the people that he is very sad to see a respected lady doing shameful tings like this that he has nothing to say.

The boy's father raised a hand and said that he wanted to know if his son is fine and he wanted to see him. The head teacher told him that the boy is fine and called he will see him but the boy is shy [ashamed] so he cannot come out now so he must wait, he will take him home.

The father said that he will take both the boy and madam to test them for HIV/AIDS and if it happens that the boy has the virus of AIDS the madam will be on danger maybe she will die.

A certain man from the group shouted that if both of them will be found with AIDS they must live as a family to avoid spreading the disease to other people.

The boy's father said that there is no need for their son to get married to a thirty years lady while he is only thirteen years but he will just kill the madam if it will be like that. Then he asked the head teacher what he is waiting in order to let the boy to come out. The head teacher said that he was waiting for his speech so that he can order the people shouted that they will not go until they saw the boy and madam.

The boy's father said that every one must leave the place for there is nothing to do and he continued that if one remains there it will mean he/she want fighting. When he said this he went in the home forest and cut a branch off a tree.

Many people started to leave the place fearing the man that he might whip them. Single told me that she must also leave for this man do what he has decided for she had remembered that the man one day, he whipped people at his house when his daughter was caught having sex with a visitor at his house.

I asked her why this area many people are caught while having sexual intercourse.

She was explaining while we were leaving the place that it is true that many people are being found having sex this can be because of two or more reasons because everyone have sex due to his/her reasons or plan. She said that main reason is poverty. She said that due to the presence of Kasinthula cane growers limited, Research station and Press Cane limited that brews beer, there are many people who come from different areas to be employed in these three companies and they employ more people. These workers are the ones who used to have sexual intercourse with women in the villages as a result the spread of AIDS is very high because one man can have sex with more than one woman.

She explained that once a woman has been asked with many to have sex she cannot refuse for she needs money to help in her needs. So we can find people having sex under trees in the bush or along the road but the good place that people usually like to have sex is in schools and almost every night people have sex in one or two classes at the school.

She said due to this many people have the virus of AIDS. Maybe three quarters of people living in this area will die with AIDS especially land owners for one person may be from Mchinji can have AIDS and have sex with six married women who will spread to their husbands and others also and in so doing many land owners will get the disease. She said that many people are dying with AIDS but people always hide that their relatives died with AIDS for fearing that people will laugh at them. She said that to her opinion there is no need to laugh at your friend because fire went where there is a bush which means you can laugh but one day you can be the one suffering from AIDS for nowadays the virus of AIDS is everywhere that almost everyone who get tested have AIDS.

A certain man who was coming on our back said that Mphasto is a liar he himself got tested for two times but he has been found he is negative so how come that almost those who get tested have AIDS [?]. He said that we can say we are fifty – fifty which means half of those tested are negative and half positive but to talk about deaths most deaths are caused by AIDS but other people die with AIDS but other die without knowing for they fear to get tested which is very bad. He said that if we can take two people who are positive, one knows that he is positive and tries to follow everything that the counsellors advice him and another one who is positive but did not test his blood he is just staying without

knowing anything. Both of them have already started suffering and we know that everyone will actually die but the first one to die is the one who knows that he is positive for he will not receive necessary treatment while the one who knows that he has the virus will have proper care and good foods. So he can live longer.

I told the man that he is talking like that because he is HIV negative but if he has been positive he wouldn't have told us and this happening to many people only few are telling people that they are positive.

The man said that it is true a person with AIDS cannot find it easy to tell people fearing that people might laugh at him/her. He said that the first day he went to test his blood he was tired with life for his wife queried with him the whole night shouting at him that he has spread the disease, of AIDS and this is what made him to think of testing for HIV/AIDS. He said that he did not tell his wife about his plan that he left in the morning for the hospital in Ponga for he did not want more people to see him and he was thinking that when he will be found with AIDS he will go to Shire river and throw himself in the water in order to die before getting sick from the disease of AIDS. He said that he was very very happy after the testing for he was told that he is negative that he went and drink beer and he spent the whole night drinking for he was happy.

He further said that when he reached home he found his wife angry for he had spent a night and this was his first time. He said that he did not care the angry of his wife instead he went opened his cassette and started dancing the song of Josephy Nkasa "Lero ndi tsiku la mayankho" (today is the day of answers). He held the hands of his wife and forced her to stand up and dance. The wife was surprised that she was just looking at her husband who was busy dancing and also trying to make her dance. Thereafter he explained everything to his wife who did not believe him that they agreed that the next day they must go together and it happened as they planned.

They went together and both of them got tested although the doctor told the man not to be tested for his results is still available that they can use the same results but he refused saying that he wanted his wife to believe what he was telling her. He said that his results was the same and his wife was also negative so they went home happy. He said that from that time until his death he will trust his wife, he will never have sex with any woman apart from his wife in order to avoid getting the disease of AIDS.

My friend asked him if he will not get married if his wife passes away or if they get separated within two years from today.

He said that it is his plan for his future even if his wife died today he will become a senior bachelor till his death for he doesn't want to die with shy [shameful] disease of AIDS. He said that those people who kill themselves because they are positive they did well for people will talk about them while they are died other then people laugh at you or even

separate you its very bad. He said that it will be better for a person with the virus to remain silent and have many sexual partners in order to spread the disease to many people so that when you die many people must also die with the same disease.

I did not continue talking to those two for I met with my husband who was going to the market so I returned and went with him.

12th December 2006.

I heard that there is a certain non-governmental organisation that wants to train people different work to work as volunteers in their own area but before they employ them they want to tell them more about this organisation but it will be like a workshop they will start around nine o'clock and break out at four o'clock in the evening for two days.

I left home at half past nine going to Kusita primary school where the workshop was held and I arrived while they were just entering the hall where the meeting was going to take place. I did not hesitate but entered the hall where there were more than two hundred people.

The first man to speak introduced himself as Mekison Adaki who is a facilitator in our area. He explained that their organisation is called WIBCA (World Business International Consultants and Associates). The founder of WIBCA is a man called Sunita from Sweden. He said that the aim of this meeting is to discuss duties of the volunteers they want to employ but before that they want to discuss about AIDS because this disease is killing people in the whole world even in Sweden people are dying with it.

He said that he knows that everyone knows about the disease of AIDS but the message of AIDS is still spread day after day because people are still passing away day after day with AIDS so there is no need to keep quiet but still remember the people that they must be careful with the disease of AIDS for it can kill everyone in the world leaving the world with animals only. He said that we must pay attention although we know everything for we can get something or remember what we forget. He asked a certain man from their group to start and he start by asking the group if there are people who have tested their blood for HIV and many people said yes. Then he asked if there can be any volunteer who can tell people his/her status so that other people can find an example so that they can be encouraged to test their blood.

There was silence for a short time then a certain man raised a hand and stood up and said that it is very difficult for most people can say that they are HIV negative although they know that they are positive.

The man said that they are not there not to lie to people but to say the truth so there is no

need to say a lie.

A certain man stood up and said that they are the land owners and they know most people so his friend is saying the truth people can lie. He said that they are visitors and what they must know is that most people in this area has the virus of AIDS but they always hide that they have AIDS so they cannot say the truth in public.

The man said that it's okay they will have one from themselves who will talk about his status so listen.

A certain boy stood up and walked towards the front of the hall and he introduced himself as Denimo Matinda from Phalombe district. He said he wanted to say the truth for he is not a liar as other people might think. He said that those people who want to believe what he want to say he can see him during lunch time. He said that he is HIV positive but he is still healthy and he is not suffering from any disease because he is following the counselling that he was given at the hospital. He said that other people cannot believe that he is HIV positive because of how he is - for he is able to do any job like hoeing, chopping firewood, carrying heavy things and any kind of job that a normal person can do for he finds it easy to do anything. He can even walk long distances without getting tired.

A certain man raised a hand and spoke that he had a question and he was granted time to ask so he asked that how do he feel in his heart when he knew that he is HIV positive.

He said that he is okay he finds everything okay for he has a lot of friends who loved him, he works, plays with him without any problem. He had never met any person who spoke rude to him for he is HIV positive, he had never met people who separate him or ran away from him when they knew that he is positive. He said that he always felt happy when he tells that he is HIV positive but during his first days he found it difficult to accept that he is HIV positive that it took him three months to accept that he has AIDS but due to the encouragement of a certain doctor he accepted and finds it easy to tell other people that he is HIV positive. He said that everyone must know that he is not worried that he has the virus but he is happy to advise young people to go and test for HIV/AIDS before they got sick so that they can live longer. He said for a person who tested for HIV before she/he got sick he/she can live longer if he/she follows the counselling so it is nice for young people tested now so that they must know what to do in the future.

He said that this advice to his friends, the youth is that they must avoid having sexual intercourse before marriage for it can be that one has tested for HIV and he is negative and have sexual intercourse with positive as a result they can get the virus. He said that a girl can be young and look beautiful with soft and smooth skin but she can be HIV positive, so avoid sex with any person for “maokenedwe aputsitsa” a person can be healthy and fat but inside he is rotten he has the virus AIDS. He said that he wished all the young people a good health life away from HIV/AIDS, they must get tested and know their status to live a

better life.

He went and sat down then the other man stood up and told the group that if there is any one with a question he/she can ask Denimo on what he had explained if there is anywhere that one did not understand.

A certain lady stood up and asked Denimo if he is married or if he will be going to get married.

Denimo stood up and thanked the girl for the question. He said that he is not married for he is just nineteen years old but he is going to get married. He explained that he has a girlfriend who he is going to marry, she is in form four so he is waiting for her to complete her education and they will get married after five years. He explained that when one is HIV positive it doesn't mean that he/she can not marry for he is a person like anyone, he/she has all sense and feelings too that is why they can marry. He also explained he had planned to get married and have two children and this will be like that for he and his wife will follow the counselling that they will get from the hospital. He explained that his girlfriend is HIV negative but she has accepted him to be her husband although he is HIV positive because she loved him very much he also loved her very much so there is no reason that will hinder them getting married.

A certain girl also asked if his girlfriend knows that he is HIV positive and how she accepted him as a boyfriend and she feels shy [ashamed] with him when her friends know that her boyfriend has AIDS and if her parents know this and how did they act upon him.

Denimo laughed and said that his girlfriend, Nollah, knows everything that is why he is telling more people that he is HIV positive and she took him as her husband they cannot meet without hugging and kissing each other and always his girlfriend encourage him to visit a doctor frequently in order to test the percentage of the virus in his body and she always go with him when he visit the hospital. He said that everything about him the parents of his girlfriend knows and they helped him with different things like food and even money to use as transport when going to the hospital. He said that his father in-law loves him very much he took him as his son, he encourages him to marry his daughter for having HIV positive it doesn't mean that the person is dead. Then he said that the hope that there is no more questions if there are wait until the end of the meeting for there is more things to discuss. He then went and sat down.

Then comes another man who said that he will start with a comment on Denimo. He said that Denimo is a brave man that is why he is able to talk with power that he is HIV positive for it is very difficult to stand before many people and tell them that you are HIV positive. This must be good example to the youths especially boys that they must be brave enough to fight against AIDS. Men must be ahead of women to fight AIDS for they are heads of their families. They must stand firm like Denimo. He explained that he want to comment that

people with HIV/AIDS must not get married and have children who can be HIV negative although they are positive because at the hospital there are different ways that a child can be born negative while both parents are positive. He said that sometimes a person with AIDS can live longer than a person who is HIV negative because God is wonderful, so a person with AIDS can have a child and cared for him/her, educate him/her and get a nice job before the parents passes away while a negative person can have a child and die within five years. God is wonderful.

He said that he want to discuss about the love that a person who is HIV positive needs. He said that a person who is positive can be worried, feel lonely, unimportant among people so he/she needs more love in order to make him/her forget about those things. He said that when such person is left alone he/she can think about bad things that can make him do harmful things to her/his life like committing suicide or go astray in order to forget about the things he/she met. He said that a positive person must have people to encourage him/her having HIV positive it doesn't mean that it is the end of everything but it must be the beginning of new changed life within him/herself. People must take him/her as an important person like anyone work, play, eat shop., swim with him so that he/she must see no difference between the time he/she has not tested his blood. He said that such a person needs a lot of help from people so that he/she can live happily. He/she needs foods for all groups, clothes to keep him/her warm, prayers so that he/she can have a nice spiritual life.

He said that prayer is a key to eternal life. So it is good to have prayers with him/her in order to strengthen his/her spiritual life and in so doing God will pay such people who helped that person to come near God. He said that here he doesn't mean that a person with AIDS is the only one pray, every one needs to pray in order to prepare a way to God so that we can have a glorious place in heaven after death. He said that every one must pray so that we can give back God his glory for He respected us by giving us this life free of charge. Although we sinned through the first man to be created He loved the world that is why he sent his beloved son to be our saviour so we were saved through the blood that Jesus shaded the while on the cross where he died.

He stopped there and a certain man come in front and introduce himself as Mr. Gundani from Mulanje .He started by saying that his friend started topic without telling people what HIV/AIDS is so he wanted to discuss what this animal is. He said that he knew that people know what HIV/AIDS is but there are other people who don't know and other people did not understand what HIV/AIDS is while others have forgotten so it was time to help each other. He said that AIDS everyone knows that it is a disease but this disease has no treatment once you get it you must know that you will die sooner or later for there no treatment. He said that other people can say that AIDS is like other disease that needs a person to take drags every day of his / her death. So it is the same with the disease of AIDS for a person need to take the ARV drugs everyday of his / her life if he / she want to stay longer, so there is no different.

He gave an example of the diseases that needs to take drugs daily like sugar diseases and high blood pressure. He explained that this is not true because this disease a person can take drugs daily but not until his / her death but for a certain period so people [are] very wrong comparing AIDS and other diseases. He said that it is true that other diseases kills a lot of people but they can not be compared to AIDS for other diseases can be cured if the treatment is taken properly while there is no any other means that AIDS can be cured. He said that several other diseases can be caused maybe by one kind of virus while the HIV virus causes only one disease that is destroying the whole world while one disease can kill people in one country and another disease in a certain country while AIDS is on the whole world.

He said that people must not play with AIDS. It has no friends its work is to destroy and kill everyone who took it as a friend to chat with.

He said that HIV is a virus that causes AIDS which means AIDS is the result of the work of the virus and they go together one can not get AIDS without firstly meet with MR. HIV. He said that when people say AIDS they doesn't mean one disease for AIDS is the combination of different disease because the virus destroys the body defence which means the body can easily [be] attacked by any disease so a person with AIDS suffered for one or more diseases at the same time due to the destruction of the body defence. He further said that due to the destruction of the body defence the person with AIDS needs to eat delicious food of all groups so that the body can have enough proteins, vitamins and everything needed for the body to function properly.

He continued explaining that a person living with AIDS need a lot of money to buy his / her daily needs so these people must be given a chance of employment so that they must get money to buy their necessities. He said that it is very sad for other companies avoided people with AIDS saying that they can not develop their companies but companies must know that if they give full support to their employees living with AIDS they can become health and help in the development of their companies or even organisation.

He stopped there and asked his friend to continue and comes another man who said that they are seeing that people are getting tired so they gave us a ten minutes break a fresh air in order to listen and under stand everything.

I went out but I left for home during the break time for I wanted to cook relish for lunch so I decided to reach home in time but I promise my friend that I will come back after lunch for people at home are waiting for me to prepare lunch. My friend also promised that she will tell me everything that they will disclose while I will be away. So I left.