

REPORT OF THE JOINT MEETING OF CATHOLIC MEN'S LEAGUE OF CHIPATA IN ZAMBIA AND THE CATHOLIC MEN'S ASSOCIATION OF ST KIZITO PARISH OF MALAWI HELD ON 13th to 15th FEBRUARY 2026

1. Introduction

Members of the Chipata St Anne's Men's Catholic League in Zambia paid a return visit to the St. Kizito Parish Catholic Men's Association of the Archdiocese of Lilongwe in Malawi from Friday the 13th to 15th February 2026. The Malawi team visited Zambia from 23rd to 25 August 2024. The Zambia team was welcomed by some members of the St. Kizito CMA team at the Malawi/Zambia border in Mchinji district who accompanied them all the way to their destination at St Kizito Parish in Lilongwe. The team arrived at the parish in the evening and was welcomed by additional St Kizito Parish CMA members including the Parish Priest Fr. Martin Mulholland who waited for the visitors at the church. After welcoming remarks by the Parish Priest, all the CMA members present were invited to dinner in the Parish hall. After the dinner, the visitors were taken to Lingadzi Inn where they were booked to stay for the two nights they were in Malawi.

1.1 Overall Objective

The overall objective of the meeting for the two groups was to strengthen the role of the two bodies in their respective parishes and beyond.

1.1.1 Specific Objectives

Some of the specific objectives for the event were as follows:

- (i) To share knowledge on how to effectively run these men's groups within and outside the church;
- (ii) To know each other and share knowledge and experience both at the group and individual level; and
- (iii) Sharing experience on how to encourage all catholic men in the to actively participate in the CMA and CML activities.

2. Presentations

A number of presentations were made during the meeting ranging from background of the CMA/CML to the way ahead for these bodies. The paragraphs below provide a summary of the presentations during the meeting.

2.1 The Role of Catholic Men in the Church

This was presented by Fr. Innocent Ntapaonga who has vast experience with the catholic church and the St. Kizito Parish in particular, where he was a member for a long time. St Kizito was one of the first parishes in the diocese of Lilongwe to establish the CMO later known as CMA. The other parishes included St. Patricks, Utatu Woyera, and Padre Pio Outstation. The establishment of the CMA dates back to 2015, when the Episcopal Conference of Malawi was preparing to host the AMECEA Conference in 2016. The

women, through the Catholic Women's Organisation (CWO) and the youth were more organized than the men. A series of discussions with the relevant authorities to strengthen the men's group were held, which resulted in the official launch of the CMA at St. Patrick's Parish in August 2017. The CMAs are now spread across all the Catholic Parishes in the country. The CMA has a clear constitution to help guide the implementation of its activities. The roles of a Catholic man ranges from household level to the Parish and beyond. These include:

- (i) Building strong families through love;
- (ii) Providing material needs to family members and guiding them in their faith;
- (iii) Protecting each and every member of the family; and
- (iv) Providing spiritual leadership in the family i.e. his wife, children and the entire household.

2.1.1 Examples of Men Executing their Roles

Men are supposed to take the lead in most of the activities of the church both at local and international level. The Bible is not short of examples where men were chosen by God to take the lead in various activities at different levels. Below are highlights of some of the examples:

2.1.1.1 Family as a Domestic Church

The role of men in the Catholic church starts at family level. The man is responsible to ensure that his family is aware about the existence and power of God. The families are the roots of the church and we cannot talk about Church if there are no families.

2.1.1.2 Abraham, our Father in Faith

God called Abraham to leave his land and go to some land away that he would show him and he abided by it. In another incident, when God asked Abraham to sacrifice his only son, Isaac, He also abided by it. His wife Sarai, Lot and many servants supported him. Sarai fully recognized that her husband was responding to God's call.

2.1.1.3 Joshua, a Community Leader

Joshua, was tasked with responsibility of leading his people to the Promised Land after the death of his processor, Moses. He witnessed how God protected them from their enemies on their way to the Promised Land. However, it was surprising that after all this, some of the men continued to believe and worship false Gods and their ancestors. However, Joshua made it crystal clear that, **"as for me and my house, we will serve the Lord."** Men as heads of families have the responsibility to ensure that all members of the family follow and believe in God.

2.1.1.4 Jesse and His Eight Sons

God sent Prophet Samuel to Jesse, a father of 8 sons, to anoint a king among them. Jesse was surprised that out of the eight sons, the youngest son was the one who was anointed, destined to be king. This teaches us that a man will take the leadership role in

matters of faith in family. However, just as women have played the supporting role, men must also be able to do the same without feeling belittled.

2.1.1.5 The Story of a Mother and her Seven Sons

The story of a woman with her 7 sons in 2 Maccabees chapter 7 is about a strong man who either gave great support to his wife in mentoring her sons or a man who inculcated great family values to his wife so that even after he had died, the wife chose to live by those values even in the face of death and encouraged her boys to do the same.

2.2 Values to be Embraced for Men to Faithfully Play their Roles

The presenter did some research to find any groups similar to our CMAs/CMLs in the Catholic Church and came across one interesting group known as 'Knights of Columbus'. The Knights of Columbus were founded in 1882 by Fr. Michael J. Macgivney, to provide a means by which men could support the Catholic Church, provide financial protection for their families and engage in works of charity to benefit the less fortunate. This is a group of men that has empowered catholic men to put their faith in action "by building stronger families, stronger parishes, and stronger communities. This is what we are trying to do with our *Miphakati* in Lilongwe or *Mambumba* in Chipata.

The headquarters of 'Knights of Columbus' is in Connecticut in the United States of America. Its members are countries such as the Philippines, Canada, Mexico, Poland, the Dominican Republic, Puerto Rico, Panama, the Bahamas, the Virgin Islands, Cuba, Guatemala, Guam, Saipan, Lithuania, Ukraine, and South Korea.

3. Overview of CMA Activities

The CMA patron saint is St. Joseph, the husband of Mary. The CMA structure comprises several committees whose operations and functions as highlighted below:

- (i) **National Executive Committee:** Members of this committee are elected from all the Dioceses CMAs in Malawi. Its responsibility is to facilitate Annual General Meetings (AGMs);
- (ii) **Diocesan Executive Committees:** Members of this committee are elected from deaneries in each Diocese. Their responsibility is to conduct Diocesan Council meetings which are attended by Deanery Executive Members in each Diocese;
- (iii) **Deanery Executive Committees:** The members of this committee are elected from the Parish Executive members within the Deanery. The Deanery conducts Deanery Council meetings attended by the parish executive members within the Deanery; and the
- (iv) **Parish Executive Committees:** Members are elected from Outstations or Small Christian Communities (SCCs) as the case may be. The Parish

Executive conducts Parish Council meetings attended by Small Christian Communities executives.

3.1 CMA in Small Christian Communities

All christian men in the Catholic church are members of the CMA. Membership ceases when one breaks communion with the church, or defects from the Catholic church.

3.2 CMA Activities

The CMA members are engaged in various types of activities through the various committees of the church including:

- (i) **Liturgical Committee** – The activities under this committee include spiritual retreats, leading masses, bible sharing lessons; and outreaches.
- (ii) **Social Committee** – The activities under this committee include works of mercy in hospitals, prisons, and other church establishments; men’s conferences, men get together (*macheza*), sports and games.
- (iii) **Finance/Fundraising Committee** – Responsible generating funds for various activities at the church. These are conducted through various channels such as monthly membership contributions, fundraising events such as luncheons, dinners etc., raffle draws, American Auction for different items; and individual appeals.

3.3 Key Challenges

Some of the key challenges experienced by the CMA include low participation of men at the SCC level; limited and unsustainable fundraising activities.

4. Strengthening the CMA Mission

4.1 Introduction

The paper ‘Strengthening Our Mission’ was presented by Mr Stambuli, the current Chairperson of the St. Kizito Parish. The Catholic Men Association (CMA) of Chigoneka Parish visited the Chipata CML in 2024 on a knowledge exchange mission on the running of these religious groups. The Chigomeka Parish CMA learnt a lot from their colleagues in Chipata as discussed below. The goal of the CMA is to move beyond "**social membership**" towards a robust "**spiritual mandate**"

The Malawi CMA Constitution provides guidance, rules and regulations for the successful running of the CMA and its programmes and activities. The CMA is identified by its motto defined "**Catholic Men: For Christ! For Christ: We Serve!**"

4.1.1 Objectives

The main objective of this presentation is to share the progress and achievements made by the CMA since the last visit to the CML in Chipata.

4.2 Lessons Learnt

The two teams learnt a lot from each other during the meeting. Some of the key points the Malawi team learnt from their colleagues in Chipata include the following:

- (i) **The Power of Liturgical Visibility:** The CML leads a Mass on the first Saturday of every month.
- (ii) **Identity and Uniformity:** The CML has beautiful uniform comprising a dark blue suit, red necktie, white shirt and white and blue t-shirts. Each uniform is blessed by the priest before the member can start using it.
- (iii) **Structured Mentorship:** The integration between the CMA and the Catholic Men League (CML) showed a seamless transition of leadership and a shared vision for the diocese.

4.3 Achievements

The CMA at St Kizito Parish has since its return from Chipata, successfully been able to adapt and achieve the following:

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- (i) **Launched the Monthly CMA Mass:** As highlighted above, the CMA adopted the Chipata model by introduced a CMA led Mass on first Saturday of every month at the St, Kizito Parish. This is up and running.
- (ii) **Increased Resource Mobilization:** Taking a leaf from their funding strategies, the CMA has diversified its fundraising strategies, moving away from "emergency contributions to regular and sustainable strategies as highlighted above.
- (iii) **Growth in Attendance:** There has been a 25% increase in meeting attendance as members feel a renewed sense of purpose after the Chipata visit.

4.4 Challenges

The following are some of the challenges faced by the CMA at St Kizito Parish:

- (i) Many members of the CMA participate in the group blindly without understanding the reasons why they should actively participate in the in group's activities They follow tradition without understanding the "Why";
- (ii) Sometimes there is inefficient flow of information from executive level to the general membership regarding long-term projects; and
- (iii) The "**Social Club**" Trap: A significant portion of our members view the CMA as a social gathering for men rather than an apostolic movement. This leads to a lack of depth in our spiritual activities.

(iv) **Execution Lag:** While the CMA is excellent at planning and "resolving" issues in meetings, the transition from minute-taking to ground-level execution remains slow.

5. Collaboration between Catholic Men's League and its Partners – Zambian Experience

5.1 Introduction

The CML in Zambia dates back to 2006 but was formally recognized after almost 4 years, when the group was first commissioned on 2nd May 2010. The good news about the group started to spread to other areas such as Lusaka and other Dioceses, who started following similar footsteps. In 2016 Bishop George Lungu officially recognized the CML..

Membership of CML is open to all baptized catholic men aged 21 years and above and who are in full communion with the Church. Catechumens and those in reconciliation process (*chinyano*) may join with Parish Priest's approval. Members of the group undergo special training to qualify and join the CML. There is a special CML teaching manual they go through in order to become a member. Additional requirements for men's commissioning into the CML include the following:

- (i) The man (if married) should be recommended in writing by his wife and the SCC leadership;
- (ii) Must be in full communion with the Catholic Church;
- (iii) Completed CML syllabus; and
- (iv) Recommended by CML leadership, catechist, and Parish Priest

The CML members have uniforms that helps dignify and enhance their identity within and outside the church. The full uniform comprises navy blue suit, red neck tie, navy blue/black stockings, white long-sleeved shirt and black shoes. Alternatively, they have a white/blue CML T-shirt with black trousers. Uniform and materials with the CML Logo are considered CML property.

5.1.1 Vision

The vision of the group is to create a credible Catholic Men Lay Movement that is inspired by the life of St. Joseph, husband of Mary ever-virgin and Mother of God that will help many men to encounter Jesus and in return actively participate in the Mission of the Church

5.2 Mission and Moto

The mission of the group is to help many men to encounter Jesus, enhance their spiritual and human growth. The group endeavors to spread Good News and offer due service to all people in line with the Gospel values and the teaching of the Catholic Church.

The MOTTO for the group is care, mercy and labour as stipulated above while the Patron Saint is St. Joseph, husband of the Blessed Virgin Mary and Mother of God.

5.3 Goals

The CML has a number of goals as summarised below:

- (i) Re-engage men in Catholic Church sacraments;
- (ii) Encourage active participation in church life;
- (iii) Foster stable, exemplary Christian families;
- (iv) Develop young men into responsible beings;
- (v) Support seminarians, religious, and clergy with lay backing;
- (vi) Help the marginalized (least, lost, last); and
- (vii) Encourage Catholic men to engage in politics, social, and economic spheres with integrity.

5.4 Objectives of the CML.

The objectives of the CML are as follows:

- (i) Develop simple catechesis to help men live and defend Church teachings;
- (ii) Support seminarians, religious, and clergy through activities and care;
- (iii) Create programs to help the least, last, and lost in society;
- (iv) Encourage men to actively engage in society (cultural, political, social and economic);
- (v) Promote sanctification of the world through members' participation;
- (vi) Provide catechesis on Marriage and family life dignity; and.
- (vii) Develop programs for young men to prepare for responsibility and Matrimony.

5.5 Funding

The group is engaged in various income generating activities to generate resources for the implementation its various activities which include:

- (i) Membership fees;
- (ii) Donations and offerings;
- (iii) Fundraising events (e.g., charity runs, auctions);
- (iv) Partnerships with local businesses or organizations; and
- (v) Project-specific funding from Church or diocese.

5.6 Collabolation

The CML works in collaboration with other relevant lay men's organizatiions in Chipata and beyond such as the St. Joachim, St. Ludovico and the Catholic Men's Council, which is an umbrella body. The group has guiding principles for the collaboration which include the following: One Church; One Parish; One Mission, and Unity before association. The CML collaborates with its partners in several areas including:

- (i) Joint planning of parish activities;
- (ii) Shared liturgical responsibilities;
- (iii) United charity and social works;

- (iv) Fruits of Collaboration;
- (v) Stronger male participation;
- (vi) Improved parish development; and
- (vii) Stronger Christian witness.

6. Other Activities

At lunch time on the day of the workshop, the visitors and the hosts were invited for lunch. Thereafter, there was a spiritual retreat facilitated by Fr. Misheck Banda. This was followed by Confession Sacrament of Penance and Reconciliation, Mass - Eucharistic Celebration and ended with a Braai in the late afternoon. On the last day, which was Sunday 25th February 2025, the visitors participated in a Mass – Eucharist Celebration, closing plenary, farewell luncheon and exchange of gifts.

7. Conclusions

- The trip was successfully organized and everything went well from the point of welcoming the visitors on 13th February 2026, all the way to the point of their departures on 15th February 2026.
- The two teams exchanged gifts with the St. Kizito CMA giving their counterparts from Chipata the St. Kizito cloth (*zitenje*) which is used by the CMA to make their uniforms. The CML on the other hand brought three **chasubles** for the Father of the St. Kizito parish including the white and gold; purple and violet; and the green one.
- The presentations at the workshop helped to deepen the understanding of the importance and roles of the CMA/CML in the strengthening the religious life for the men and their families.
- The workshop provided an opportunity for deep understanding by the members of the history, roles and the future direction of the CMA/CML.

7. Recommendations

- This meeting should not be the end of interaction between the two groups, rather it should be a foundation for further interactions to help further strengthening of the two groups. The interactions can either be at the group or individual level.
- The St. Kizito CMA should borrow a leaf from their colleagues in Chipata on the procedures followed for one to become a member of the CMA and actively participate in its activities.
- The CMA should be creative in coming up with fundraising activities as one way of ensuring its sustainability. Some of the members should be advised that financial contributions alone are not enough but their presence as well.

- The SCCs should try as much as possible to ensure that all the catholic men in their communities become active members of their respective groups.
- The relationship built between the CMA and the CML should not be the first and last, rather similar relationship should be developed and strengthened with other similar bodies within and outside the country.
- The SCCs should improve their communication channels (e.g. use of WhatsApp protocols and monthly bulletins).
- Small groups within the CMA should check on each other's spiritual and physical well-being and if possible, address any issues that may arise.
- The CMA should be supporting the Parish Priest in the planning and conducting of various activities of the church in the parish and beyond.
- The CMA should be conducting their social responsibilities such as assisting the widowed, the sick, and the underprivileged in the Chigoneka community.

ANNEX 1: NAMES OF CMA/CML MEMBERS WHO ATTENDED THE RETREAT

ST. KIZITO PARISH		SCC/PARISH	ST. ANNIES PARISH	
1	Cornelius Chibwana	St, Clara	1	Fr. Raphael Zulu
2	Mark Jhala	St Jude	2	Chinyamula Msimuko
3	Dr. Ernerst Misomali	St. Mathew	3	Crispin Chatipwa
4	Frank Masina	St. Peter	4	Paul Mtonga
5	Dr Earnest Makawa	St. Peter	5	Verton Lungu
6	Alfred Msakambewa	St. Philomena	6	Gregory Zulu
7	Peter Kandikole	St Joseph	7	Thomson Jere
8	Col. Kelton Kaleke	St. Philomena	8	Chikoko Chirambo
9	Clement Stambuli	St. Daniel	9	Victor Phiri
10	Evince Chapasuka	St. Monica	10	Kennedy Nyambi
11	James Mpando	St. Tereza	11	Trensio Zulu
12	Gen. Patrick Mijoni	St. Jude	12	Sunday Sikombe
13	Fr. Martin Muholland	St Kizito Parish	13	Peter Banda
14	Dad Chinthambi	St. Mathew	14	Benard Kaziya
15	Edward Chikhwana		15	Webster Mwale
16	Fr. Denis	Maria Mthandizi	16	Felix Fungamwango
17	Richard Pendame	St. Stephano	17	Christopher Mwale
18	Joseph Symon	St. John Paul II	18	Tonny Zulu
19	Tione Namanja	St. Stephano	19	Lupiya Phiri
20	Kizito Tenthani	St. Francis	20	Chrispin Tembo
21	Moses Yakobe	St. John Paul II	21	Allen Chimfulunganya
22	Austin Madinga	St. Daniel	22	Paul Banda
23	Mark Shala	St. Jude		
24	George Nyirenda	St. Paul		
25	Alex Phiri	St. Monica		
26	Dyson Ntapara	St. Monica		
27	J.M. Chauma	St. Jude		
28	Albert Chamango	St. Daniel		
29	Francis M'buka	St Peter		
30	George Godinho	St. Tereza		
31	Dan Tsigu	St. Mathew		
32	Augustine Ng'ambi	St. Philomeina		
33	Dr. Patrick Likongwe	St. Paul		
31	Patrick Chingati	St.Mathew		
32	Peter Mkali	St. Mathew		
33	Moses Kachingale	St. Paul II		
34	Edward Juma	St. Emmanuel		
35	Moses Kuchingale	St. John Paul II		
36	Bentry Chaura	St. Francis		
37	Peter Dawa	St. Stephano		
38	Juvensius Kumpata	St. Philomena		
39	Junes Mphundi	St. Tereza		

40	Dalitso Baloyi	St John Paul II		
41	Paulo Chikopa	St Emmanuel		
42.	Paul Banda	St Mathews		
43	Patrick Kamwendo	St. Emmanuel		
44	Mark Haward	Maria Mthandizi		
45	Simeon Lunguzi	St. Padre Pio		
46	Gervas Chilindira	St. Padre Pio		
47	Mark Kachika	St. Philomena		
48	William Kantayeni	St. Clara		
49	Paul Lungu	St. Paul		
50	Francis Mutheko	Maria Mthandizi		
51	Ian Malera	St. Monica		
52	Henry Kandiado	St. Philomena		
53	Dean Tandani	CMA Archdiocese		
54	Alexious Mtema	Maria Mthandizi		
55	Ian Chiromo	St. David		
56	Godfrey Chavula	St. Dominic		
57	Fr.Innocent Ntapaonga	CMA Chaplain		

*5 names missing on the St. Kizito list