



TINGAVAKA SEI TSIKA YOKUSANGANISIRA VAMWE KUCHECHI?

Apo patinotarisa mumawadhi nemumapazi edu, Atinoona vanhu avo vanoratidza kupindirana nevamwe zvirinyore. Chatingazivi ndechekuti kunyangwe pakati peavo vanoratidzika kupindirana nevanhu vose, kune vakawanda vanonzwa kuva vanosiiwa vari vega. Imwe tsvakurudzo, somuenzani-so, munguva pfupi yapfuura, yakawana kuti vanhu vakuru vangangosvika chidimu chepakati nepakati muUnited States vakataura kuti vainzwa kusurikirwa, kusiiwa vari voga, uye kubviswa kubva kuna vamwe.¹

Zvakakosha kunzwa kusanganisirwa. Chidikanwi chevanhu chakakosha zvikuru, uye apo patinonzwa kusasanganisirwa, zvinorwadza. Kusiiwa wega kunokwaniswa kuunza manzwiwo ekusuwa kana ehasha.² Apo patinonzwa kuti hatisi vobwo, kazhinji tinotsvaka nzvimbo iyo yatinonzwa kugadzikana. Tinofanira kubatsira munhu wose kunzwa kuti ndewe vobwo kuchechi.

Kusanganisira seMuponesi.

Muponesi aiva muenzaniso wakarurama wekukoshesha nekusanganisira vamwe. Apo paAksarudza Vaapositora Vake, Haana kutarisa mamiriro, upfumi, kana basa rakakwirira. Akakoshesha mudzimai muSamaria patsime, achipupura kwaari nezveMwari Hwake zvisinei nokuti vaJuda vaitarisira pasi vaSamaria (ona Johane 4). Anotarisa pamwoyo uye haasi mukudzi wemamiriro evanhu (ona 1 Samuero 16:7; Dzidziso neZvibvumirano 38:16, 26).

Muponesi Akati:

“Ndinokupai murairo mutsva, Wokuti mudane; sezvandakakudai imi, nemi mudanevo saizvozvo.

“Vose vachaziva naizvozvi kuti muri vadzidzi vangu, kana munorudo pakati penyu.” (Johane 13:34–35).

Chii Chatinokwanisa Kuita?

Dzimwe nguva zvakaoma kuziva kana mumwe munhu achinzwa sokunge arikusiiwa kunze. Vanhu vazhinji havazvitauro—kunyanya zvakanyatsojeka kudaro. Asi nemwoyo unerudo, hutungamiri hweMweya Mutsvene, uye nekuedza kuziva, tinokwanisa kuziva apo mumwe munhu paanenge asinganzwi kusanganisirwa pamisangano nezviitwa zveChechi.

Zvinotevera Zvingangova Zvicherechedzo Zvokuti Mumwe Munhu Anonzwa Kusasanganisirwa:

- Mataridzikiro ekusada kuti vanhu vavepadyo naye, sezvakaita kupeta maoko zvakasimba kana kutsiki-tsira pasi.
- Kugara kumashure kwemupanda kana kugara kwake ega.
- Kusauya kucheche kana kusauya nguva dzose.
- Kubva pamisangano kana pazviitwa nokukurumidza.
- Kusatora chinhanu muhurukuro kana muzvidzidzo.

Isvi zvingangovawo zvicherechedzo zvemamwe manzwi, sezvakaita kunyara, kutya, kana kusagadzikana. Nhengo dzinokwanisa kunzwa “kusiyana” apo pavanenge vari nhengo itsva dzeChechi, kana vari vanobva kune imwe nyika kana tsika, kana kuti vakasangana nedambudziko guru rakachinja upenyu hwavo, sezvakaita kurambana, kufa kwenhengo yemhuri, kana kukurumidza kudzoka kubva kuhushumiri.

Zvisinei nechikonzero, hatifaniri kuzengurira kunavira kwavari murudo. Zvatinotaura uye zvatinaita zvinokwanisa kuvaka manzwi ekuti vose vanotambirwa uye vose vanodikanwa.

Dzimwe Nzira Dzokuva Tinosanganisira noKutambira Vamwe:

- Usagara nguva dzose nevanhu vamwechetevo muChechi.
- Tarisa zvinopfuura mamiriro ekunze evanhu kuitira kuti uone munhu wacho chaiye. (Kuwana zvimwe nezve musoro wenyaya uno, ona “Kushumira Zvinoreva Kuona Vamwe seZvinoitwa neMuponesi,” *Liahona*, Chikumi. 2019, 8–11.)
- Sanganisira vamwe muhurukuro.
- Koka vamwe kuti vave chikamu chepenyu hwako. Unokwanisa kuvasanganisira muzviitwa zvaUri kuronga.

- Wana uye kudziridza kuyanana kwenyu pazvinhu zvakaananana zvamunofarira kuita.
- Usadzivirira ushamwari nokuda kwekungoti mumwe munhu haazadzikisi tarisiro dzako.
- Apo paunoona chimwe chinhu chakasiyana pamusoro pemunhu, iva nechido muchinhu ichocho panekungoshaya hanya nacho kana kuchinyenyeredza.
- Ratidza rudo rwako uye ipa rumbidzo dzechokwadi.
- Tora nguva yokufunga pamusoro pezvazvinoreva chaizvo apo patinotaura kuti Chechi ndeye munhu wose, zvisinei nesiyano dzavo. Tingaite kuti izvi zvive chokwadi sei?

Hazvisi nyore nguva dzose kunzwa kugadzikana pakati pevanhu vakasiyana nesu. Asi nekuramba tichiedza, tinokwanisa kuva nani pakuwana zvakakosha mukusiyana uye kukoshesa izvo zvinhu zvakasiyana zvinounzwa nemunhu wega wega. Sokudzidzisa kwakaitwa naGosa Dieter F. Uchtdorf weChikwata cheVaapostora vaneGumi neVaviri, kusiyana kwedu kunokwanisa kubatsira kutiita vanhu varinani, vanonyanya kufara: “Huyai, tibatsirei kuvaka nokusimbisa tsika yokuporesa, yetsitsi, uye yemutsa kuvana vose vaMwari.”³

Kuropafadzwa Kuburikidza neKusanganisirwa

Christl Fechter akatama kuenda kuneimwe yechizvarirwo mokunge hondo yaparadza nyika yechizvarwo yake. Akanga asingatauri mutauro wemunyika iyi zvakana uye akanga asina waaiziva munzvimbo yaaigara, saka pokutanga akanzwa kuva ari oga uye kusurikirwa.

Senhengo yeChechi, akasimbisa mwoyo uye akatanga kupinda chechi muwadhi yake itsva. Akanetsekana kuti mutoo wematauro ake waizoita kuti vanhu vasada kutaura naye kana kuti aizotongwa nokuda kwekuti akanga ari mukadzi asina murume.

Asi akasangana nevamwe avo vasina kuita hanya nesiyano dzake navo uye vakamutambira muchikwata cheshamwari dzavo. Vakanavira kwaUri murudo, uye nechinguva chipfupi akazviwana ava nebasa rakawanda achibatsira kudzidzisa kirasi yeBato reVana Vadiki. Vana vadiki vakanga vari mienzaniso mikuru yokugamuchira, uye manzwi ekudiwa nekudikanwa akasimbisa rutendo rwake uye akabatsira kumutsazve kuzvipira kwake kwehupenyu hwese kuna Ishe.

WANA ZVIMWE ZVAKAWANDA

Kuti uwane mamwe mazano akawanda, verenga "We Can Do Better: Welcoming Others into the Fold," *Liahona*, Gunyana 2017.

GOVERA ZVIITIKO ZVAVAKAVA NAZVO

Titumire zviitiko zvavakava nazvo apo pawakashumira kuna vamwe kana kuti pawakashumirwa nevamwe. Enda ku liahona.lds.org uye wodzvanya panoti "Submit an Article or Feedback."

KUZVIITA

Sisita Linda K. Burton, vaimbova Mutungamiri Mukuru weChita Chorubatsiro, vakadzidzisa kuti, "Tanga wacherechedza, zvino woshandira" (*Liahona*, Mbudzi 2012, 78). Kutevedzera rairo iyi kunokwanisa kutibatsira kuvaka mawadhi nemapazi umo munhu wese maanosanganisirwa nokudikana. Haano mamwe mazano ekufunga:

- Apo patinopinda muchivakwa chedu chechechi, tinokwanisa **kutarisa nokucherechedza** avo Ishe vavangada kuti tiunze mudenderedzwa redu reushamwari zuva iroro.
- Dzimwe nguva tinonyenyeredza avo vakasiyana nesu kana avo vari pakati penguva yakaoma nokuti tinotyata kutaura zvisirizvo. Izvi zvinokwanisa kuvasiya vachinzwa kuva vari vega, vachishushikana kuti sei pasina munhu anotaure navo.. **Gara pedyo navo, ratidza rudo rwako**

kwavari, uye bvunza mibvunzo yepachokwadi. Vabvunze pamusoro pezviitiko zvavo maererano nezvinetso zvavo uye mabatsiriro aungaita.

- Munhaurwa dzedu uye muzvidzidzo zvedu zve-musi weSvondo, tinokwanisa kusarudza **kushandisa mienzaniso inoratidza kuti vanhu pachavo- uye mhuri vari mumamiriro ezvinhu akasiyana siyana** vanokwanisa kurarama vhangeri uye nokunakirwa neparopafadzo aro.
- Nhengo dzekirasi dzinokwanisa kuropafadzwa zvikuru apo vadzidzisi **pavanosanganisira nhenge kubva kumazera, marudzi, nemamiriro emhuri akasiyana siyana.** Tinezvakanakanda zvokudzidza kubva kunhengo zhinji dzakate-ndeka dzeChechi idzo dzine ruzivo rwakasiyana nerweddu pachedu.
- Vadzidzisi vanokwanisa kuita nzvimbo yakanaka yekuti vose vagovere zviitiko zvavo- mukurarama vhangeri. Apo pose panenge pagoverwa chiiitiko, mudzidzisi anokwanisa **kupindura zvakanaka kuneicho chinenge chagoverwa.** Nhengo dzekirasi zvino dzinganzozova dzinonyanya kunzwa chivimbo negadzikano mukugovera pfungwa dzavo.

ZVINYORWA

1. Ona Alexa Lardieri, "Study: Many Americans Report Feeling Lonely, Younger Generations More So," *U.S. News*, Chivabvu 1, 2018, usnews.com.
2. Ona Carly K. Peterson, Laura C. Gravens, and Eddie Harmon-Jones, "Asymmetric Frontal Cortical Activity and Negative Affective Responses to Ostracism," *Social Cognitive and Affective Neuroscience*, vol. 6, no. 3 (Chikumi 2011), 277–85.
3. Dieter F. Uchtdorf, "Believe, Love, Do," *Liahona* Mbudzi 2018, 48.