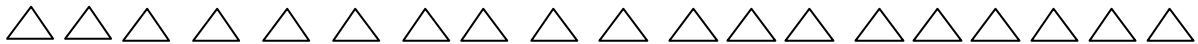


**Collection of, and Commentary on, 308 Sayings on  
East African Cloth (Misemo Kwenye Khanga za  
Afrika Mashariki)**

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# Collection of, and Commentary on, 308 Sayings on East African Cloth (Misemo Kwenye Khanga za Afrika Mashariki)

## I. Introduction and Commentary

An East African khanga is a rectangle of pure cotton cloth with a border all around it and printed in bold designs and bright colors. It is as long as a person's outstretched arm and wide enough to cover from neck to knee, or from waist to toe. Khangas are often bought in pairs and are usually worn in a most attractive and useful way. Most traditional outfits require a matched or unmatched pair. Women also use khangas to cover other clothes and to carry their young children on their backs. Khangas are also used as tablecloths and decorative wall hangings.

Khangas use a variety of African sayings, idioms, proverbs, slogans, expressions, idioms and riddles in Swahili and English. These sayings must be understood in their cultural and social contexts. It is important to understand that many of the sayings are intended to be a commentary on the lives of East African women and their complex relationships. Many of the sayings are messages (hidden/coded or otherwise) that women communicate to each other. Usually the saying is printed on the bottom middle of the cloth. More recent East African khangas also contain informational and educational messages.

The following are the English translations (alphabetically) of some of the Swahili sayings on khangas that are popular with youth in urban areas in East Africa:

1. *Education is an ocean (that is, it has no end).*
2. *Good luck begins in the morning.*
3. *How did you know this if you did not go behind my back?*
4. *If you give to me, I will receive; I am not used to begging.*
5. *If you said it wouldn't happen why has it happened?*
6. *I knew you would say it.* (Used after a relationship gets out into the open)
7. *I'm not jealous; I just feel bad.*
8. *Let it happen whatever might be.* (Used by a friend when you lose your boy friend or girl friend)
9. *Lover turn off the light.* The original Swahili is *Shemeji zima taa* and is based on an old popular song entitled *Shemeji Shemeji Mwazima Taa* by the Cuban Mirimba Band of Morogoro, Tanzania. (Used especially by youthful hooligans and "toughs")
10. *The messenger is not killed.* (Used in passing messages in love affairs)
11. *The patient person eats ripe fruit.*
12. *Spend money recklessly.* (Used by youth after getting their monthly salary)
13. *Thank you for your good deeds to me.*
14. *There is no guardian like a mother.*

15. *There is no secret between two people.*
16. *To give is something of the heart, not riches.*
17. *To keep complaining won't help.* (Used by one girl in talking to another girl after taking away her boy friend; also used by boys in a similar situation)
18. *You are not a loving person; you don't remember good deeds.* (Used especially by girls)
19. *You will die poor if you rely on relatives.*
20. *You will exhaust the butcheries while all meat tastes the same.* (This crude expression is what one boy says to another boy who is "playing around")
21. *You will get hurt by talking behind other people's backs.*

In analyzing these sayings and proverbs a clear pattern emerges. As several young people in Dar es Salaam, Tanzania explained to me, many of these expressions concern love affairs and problems in boy-girl relationships – jealousy, envy, hatred, a young couple breaking up, a young couple coming back together again, etc.

The kitenge, the other type of colorful East African cotton cloth with many designs, also uses various informational messages mainly dealing with celebrations, anniversaries, meetings, deaths, etc.

## **II. List of 308 Sayings on Khangas**

Our Research Committees in Dar es Salaam, Musoma and Bujora (Mwanza), Tanzania and Nairobi, Kenya have systematically collected a list of 308 sayings on khangas. The examples are listed alphabetically (Swahili and then the English translation). Many of these sayings are also used on T-shirts, posters, banners, drawings, greeting cards, etc.

1. "Acheni nyodo kila mtu na bahati yake."  
"Forget about effort, each person has his or her luck."
2. "Adui ni mdomo wako."  
"Your lips are your enemy."
3. "Akili ni mali."  
"Brains are wealth."
4. "Alaa! Kumbe!"  
"Wow!"
5. "Amani, Upendo, Umoja"  
"Peace, Love, Unity"
6. "AMECEA Celebrating the African Synod in Nairobi with John Paul II – Sept. 1995"

7. "AMECEA Celebrations. 40<sup>th</sup>. Welcome to Tanzania." 40<sup>th</sup>.  
 "AMECEA Mzazi wa Jumuiya Ndogo Ndogo. Karibu Tanzania 2002."  
 "AMECEA Parent of Small Christian Communities. Welcome to Tanzania. 2002."
8. "Anayechekea kovu ya mwingine hajajeruhiwa bado."  
 "The person who laughs at another's scar has not been wounded yet."
9. "Apendaye halipizi."  
 "The one who loves does not take revenge."
10. "Asante sana kwa wema ulionitendea."  
 "Thank you for your good deeds to me."
11. "Asubuhi na mapema wacheni kunisema."  
 " Stop speaking against me from even very early in the morning."
12. "Awamu ya pili."  
 "The second round."
13. "Bahati haina hodi."  
 "Luck doesn't give a warning sign."
14. "Bakhita -- Canonization: October 1.  
 " Jubilaeum 2000: Christ Yesterday, Today, Forever."
15. "Baraka zitasimama tukimsahau mama."  
 "Blessings will stop if we forget Mother."
16. "Bienheureux Daniel Comboni – Un Prophet pour Afrique  
 "Blessed Daniel Comboni – A Prophet for Africa"
17. "Bila jasho huishi."  
 "You don't live without working."
18. "Bora maisha; mengine ni majaliwa."  
 "Life is the best gift; the rest is extra."
19. "Buriani Baba wa Taifa Mwalimu J.K. Nyerere 1922--1999  
 "Farewell (and remain at peace) Father of the Nation Teacher J.K. Nyerere 1922--1999"
20. "Celebrate the African Synod in Nairobi with John Paul II – Sept. 1995"
21. "Chakubimbi ni vishawishi ukimpuuza hakutishi."  
 "Chakubimbi (the rumor monger) is a temptation. But if you disregard/make light of him or her, then he or she can't frighten you."

22. "Chakubimbi ukimuona muogope."  
"If you see Chakubimbe (the rumor monger) stay away from him."
23. "Chakukupa sina ila nakuombea dua."  
"I have nothing to give you except to pray for you."
24. "Cha kukupa sina ila nakuombea salama."  
"I have nothing to give you except to pray for your well being."
25. "Chakupewa hakina nyongeza."  
"The freeloader can't ever get too much."
26. "Chama cha Mapinduzi."  
"Revolutionary Party."
27. "Cheka nao lakini si wema kwako."  
"Laugh with them, but it's not good for you."
28. "Christ in Our Community -- Kanisa Katoliki Kenya"  
"Christ in Our Community -- the Kenyan Catholic Church"
29. "Chuki nichukie moyo wangu niachie."  
"I should let go of the hatred I detest in my heart."
30. "Dawa ya homa ni quinini, dawa ya ubaya ni nini?"  
"The medicine of malaria is quinine. What is the medicine for wickedness?"
31. "Dhuluma si njema."  
"Oppression isn't good."
32. "Dunia ni maarifa."  
"The world is knowledge."
33. "Dunia ni matembezi."  
"The world is walking around."
34. "Ee Mwenyezi Mungu nipe moyo wa subira."  
"Oh Almighty God give me a heart of patience."
35. "Elimu ni bahari."  
"Education is an ocean (that is, it has no end)."
36. "Ewe Baba Yetu. Uwe mwaka wa baraka kwetu."  
"Oh, our Father. May this be a year full of blessings for us."
37. "Fikiri sana maradhi."

- “Think seriously about diseases.”
38. ”Fimbo la mnyonge halina nguvu.”  
“Might is right.”
39. "Fitina hasidi wa mtaa."  
"Discord ruins the neighborhood."
40. "Fitina ni sumu baridi."  
"Jealousy is cold poison."
41. ”Fuata nyuki ule asali.”  
“If you want to eat honey follow the bees.”
42. “Furaha ya harusi ni kupendana.”  
“The joy of a wedding is to love one another.”
43. "Furaha ya Idd." Shukuru Mola."  
"Joy of Idd. Thank God."
44. "Furaha ya Jamhuri."  
"Joy of Independence."
45. "Furaha ya maisha ni upendo.”  
“Love is the joy of life.”
46. "Furaha yako ni furaha yangu."  
"Your joy is my joy."
47. “Haki za watoto kwanza.”  
“Children’s rights first.”
48. “Haki zetu leo.”  
“Our rights today.”
49. “Hakuna matata. I’m lost in Africa.”  
“No problem. Even though I’m lost in Africa I’m in my home.”
50. "Hakuna mlezi kama mama."  
"There's no guardian like a Mother."
51. ”Halahala mti na macho.”  
“Beware, a stick and your eyes.” (a caution against impending danger)
52. ”Hapa ni breki kiboko cha wanafiki.”  
“This is the hard end against the hypocrites.”

53. "Hapa umefika."  
"This is the place you are looking for."
54. "Hapana siri ya watu wawili."  
"There is no secret between two people."
55. "Hasidi tunae mwaka huu."  
"We have somebody jealous or envious this year."
56. "Hata aibu huoni kutwa kelele na majirani."  
"You should feel ashamed about your quarrelsome behavior."
57. "Hata mkiweka kampeni kwake nimepoa."  
"Even if you try to win him away I'm not worried."
58. "Hata tamu hukinai."  
"Even sweet things have their limits." (We get satisfied even by sweet things)
59. "Hata ukinichukia la kweli nitakwambia."  
"Even if you dislike me, I will tell you the truth."
60. "Hasira za mkizi tijara ya mvuvi."  
"The anger of cuttle-fish is the benefit of the fisherman."
61. "Heri nyuki kuliko chuki."  
"Better a bee bite than hatred."
62. "Heri pazia kuliko bendera."  
"Better a still curtain than a flag blowing in the wind"
63. "Heri ya Krismas na Mwaka Mpya."  
"Merry Christmas and Happy New Year."
64. "Hidaya ulionipa mlezi sitolisahau."  
"I will never forget the precious gift that you have given to me, that is, your care for me."
65. "Hifadhi utamaduni wetu."  
"Preserve our culture."
66. "Hodi kwa fulani. Kumbe una jambo."  
"Paying a visit for spying purposes."
67. "Hongera mkulima wa chai."  
"Congratulations hardworking tea farmer." (Give praise where praise is due)
68. "Hongera Rais Mwinyi kushinda uchaguzi."

- "Congratulations President Mwinyi on winning the election."
69. "Huba huna na hisani hukumbuki."  
"You are not a loving person; you don't remember good deeds."
70. "Ingawa tumeachana yaliobaki ni mazoea."  
"Even though we have separated our past experience lives on."
71. "Japo mnyonge sijirahisishi."  
"Even though I am a simple person I will not lower myself."
72. "Japo sipendezi kubembeleza siwezi."  
"Even though I am not beautiful, I won't be permissive."
73. "Jeuri yako haina kifani."  
"Your rudeness is incompatible."
74. "Jubilee AD 2000"
75. "Kama hujui hapa umefika."  
"If you don't know this place you have arrived."
76. "Kama majungu ungekuwa mtaji, wengi tungetajirika."  
"If backbiting were financial capital, everyone would be rich."
77. "Kama ms emaji mbona yako husemi."  
"If you are a real talker, why don't you talk about yourself?"
78. "Karibu mgeni."  
"The visitor is welcome."
79. "Karibu mgeni wetu – Tanzania – 1990."  
"Our visitor is welcome – Tanzania – 1990."
80. "Karibu mpenzi."  
"Welcome my darling."
81. "Karibu wangu muhibu."  
"Welcome my darling."
82. "Karibuni Bibi na Bwana Harusi."  
"Welcome to the Bride and Groom."
83. "Karibuni mtembelee mbuga zetu."  
"Come and visit our plains and their wild animals."

84. "Kawia ufike."  
"Better delay and get there."
85. "Kazi ni kipimo cha utu."  
"Work is the measure of a person."
86. "Kidogo sio kidogo."  
"A little is enough."
87. "Kikapu cha mama kimejaa ndago."  
"The mother's basket is filled with nut grass."
88. "Kikulacho kinguoni mwako."  
"That "eats" you up is inside your clothes" (that is, what is closest to you)."
89. "Kila shetani ana mbuyu wake."  
"Each devil has its own place."
90. "Kitamu huliwa kwa hamu."  
"Delicious food is eaten with great desire."
91. "Kombe la Mungu li wazi."  
"God's cup is open."
92. "Kongamano la Walei 2000: Kristo Jana, Leo, Daima."  
"Lay Congress 2000: Christ, Yesterday, Today, Forever."
93. "Kristo Jana, Leo, Daima."  
"Christ, Yesterday, Today, Forever."
94. "Kristo Jana, Leo, Daima: Jubilei Miaka 2000 ya Ukristo"  
"Christ, Yesterday, Today, Forever: 2000 Year Jubilee of Christianity."
95. "Kucheza tucheze ushoga kazi."  
"We can play together, but when it comes to intimate relationships, it's not easy."
96. "Kuinamako ndiko kuinukako."  
"You stretch where it is bent."
97. "Kuishi kwingi kuona mengi."  
"To live a long time is to see much."
98. "Kula hakuna ndugu."  
"Eating is for everyone; it is not just a family affair."
99. "Kula jasho lako duniani."

- "Eat what comes from your work."
100. "Kumpa mwenzio si kutupa."  
"To give is to save, that is, not to throw away."
101. "Kupata na kukosa kwangu, wewe kunakuhusu nini."  
"Whether I get it or miss it is not your business."
102. "Kutoa ni moyo si utajiri."  
"To give is something of the heart, not riches."
103. "Kuzaa ni furaha. Kulea na afya ya mama, je?"  
"To give birth is a joy. But what about raising the child together and the health of the mother?"
104. "Kwa upendo kutoka Afrika."  
"With Love from Africa."
105. "Leo ni leo."  
"Today is today."
106. "Leta raha."  
"Bring the joy."
107. "Liwalo na liwe."  
"Let it happen whatever might be."
108. "Liya na tabia yako usilaumu wenzako."  
"Do not blame others for problems you have created yourself."
109. "Mahaba yanikondesha nimpendae simuoni."  
"Love causes me to grow thin; I can't find the one I love."
110. "Maisha ni karata."  
"Life is a card game."
111. "Majonzi tunayo Tanzania (Mwaka 1922-1999)."  
"We have deep sorrow in Tanzania (Year 1922-1999)."
112. "Mali ya mwenzio sio yako."  
"Your friend's wealth is not yours."
113. "Mama mume nimemkuta ubaoni na kuku mweupe."  
"The mother-in-law resorts to witchcraft to alienate her son from his wife."
114. "Mama nibariki, Mungu anizidishie."

- “Mother bless me so that God will give me more.”
115. "Mama ni malkia; thamani yake haina kifani."  
“The mother is a queen; her value is inestimable.”
116. "Mama ni nambari wani; hana mpinzani."  
"Mother is number one; she has no one against her."
117. "Mama nipe radhi. Kuishi na watu ni kazi."  
"Mother give me a blessing; it is not easy to live with people."
118. "Mama, sina cha kulipa zaidi ya shukrani."  
“Mother, I don’t have anything to pay you except thanks.”
119. "Maneno yako mazuri, vitendo vyako hatari."  
"What you say is the opposite of what you do."
120. (Map of Africa with the names and flags of all the countries).
121. “Marashi ya Pemba.”  
“Perfume of Pemba”
122. "Maudhi siyajali naogopa hatari."  
"I don't mind about small afflictions; what I am afraid of are the real dangers."
123. "Maziwa wa mama ni tamu."  
“A mother’s milk is sweet.”
124. “Mbolea mzuri ni kivuli cha mwenyewe.”  
"The best fertilizer is the shadow of the owner."
125. "Mdhaniaye ndiye kumbe siye."  
“The one whom you think is the right one is the wrong one.”
126. "Meli imetia nanga naja roho zawa tanga."  
"Since I have come, everybody is worried." (figurative translation)
127. "Mhesabu visa pendo haliwezi."  
"Whoever count the mistakes of his or her friend can never love."
128. “Miaka kumi ya Azimio la Arusha.”  
“Ten Years of the Arusha Declaration.”
129. "Miaka 10 ya Uhuru."  
"Ten years of independence."

130. "Milenia – Kheri ya Karne Mpya."  
"Millennium – Blessings on the New Century."
131. "Mimi na wangu na wewe na wako chuki ya nini."  
"I have my wife. You have your wife. Why should we hate each other?"
132. "Mimi na wewe mpaka kufa."  
"Me and you together until death."
133. "Mimi ni mkate wa uzima. Ekaristi na Maadili."  
"I am the bread of life. The Eucharist and Ethics."
134. "Mimi ni wako."  
"I am yours."
135. "Mjumbe hana kosa."  
"The messenger has no fault."
136. "Mjumbe hauwawi."  
"The messenger is not killed."
137. "Mke ni mume."  
"The wife is the husband." (literal translation)
138. "Mke wa nyumbani ni mwangaza wa chumbani."  
"The wife is the bedroom's light."
139. "Mlisema hayawi mbona yamekuwa?"  
"If you said it wouldn't happen why has it happened?"
140. "Mola atayamaliza wala sina wasiwasi."  
"I am not worried because God is going to take care of everything."
141. "Mola tutilie nuru na baraka."  
"God provide light and blessing for us."
142. "Moyo wa kupenda hauna subira."  
"The loving heart can't wait."
143. "Moyo wa subira haufanyi ghira."  
"The patient heart does not hurry."
144. "Moyo wangu wamtukuza Bwana."  
"My heart praises the Lord."
145. "Mpaji ni Mungu."

- “God is the Sustainer.”
146. “Mshonaji hachagui nguo.”  
“The tailor does not choose the cloth.”
147. ”Mshukuru Mungu kwa kila jambo.”  
“Thank God for everything.”
148. ”Mshukuru Mungu mengi kakutendea.”  
“Thank God for the many things he has done for you.”
149. “Mso hili ana lile.”  
“A person missing this has that.”
150. ”Mtachuna migongo yenu kwa kusengenya wenzenu.”  
“You will get hurt by talking behind other people’s backs.”
151. ”Mtangulize Mungu kwa kila jambo.”  
“Put God first in everything.”
152. "Mti mkubwa ukianguka, ndege huhangaika."  
"If a big tree falls, the birds get anxious."
153. "Mti si pori."  
"One tree does not make a forest."
154. ”Mtoto kwa mzazi hakui.”  
“A child never grows up to his or her parent.”
155. “Mtu mwenye mdomo mkubwa huwezi kupata mume.”  
“Somebody with a big mouth can never get a husband.”
156. “Mtumai cha ndugu hufa maskini.”  
“You will die poor if you rely on relatives.”
157. ”Mungu akupe heri daima.”  
“May God bless you always.
158. "Mungu ibariki Afrika."  
"God bless Africa."
159. "Mvumilivu hula mbivu."  
“The patient person eats ripe fruit."
160. “Mwacha mila ni mtumwa.”  
“Whoever leaves his culture is a slave.”

161. "Mwamini Mungu."  
"Believe in God."
162. "Mwana asiyesikia mzigo usimtue."  
"Don't help the child who doesn't feel the burden of his load."
163. "Mwenda pole hajikwai."  
"The person who goes slowly doesn't stub his or her toe."
164. "Mwenye bahati hakosi riziki."  
"The lucky person doesn't miss out on the necessities of life."
165. "Mwenye shamba katu hafi njaa."  
"A farmer will never go hungry."
166. "Mwezi wa furaha umeandama."  
"The month of joy has begun."
167. "Mzizi sio jadi kupendwa ni bahati."  
"Using a love potion is not my custom. To be loved is just luck."
168. "Naipenda Afrika."  
"I Love Africa."
169. "Naipenda Tanzania."  
"I Love Tanzania."
170. "Naishi kidaktari."  
"I'm living like a doctor (that is, being careful)."
171. "Nalia mwewe kumbe hasidi na wewe."  
"I cry out the hawk; the jealous person is you."
172. "Nani kama mama."  
"A mother is incomparable." **or** "Who can be compared to a mother."
173. "Naogopa kuzaliwa siogopi kuchukiwa."  
"I am afraid to be born, I am not afraid to be carried away [by death]."
174. "Naogopa simba na meno yake, siogopi mtu kwa maneno yake."  
"I fear the lion for its jaws, I do not fear a person for his or her words."
175. "Nategemea bahati yangu situmaini cha mtu."  
"I depend on my good fortune. I don't rely on anybody else."
176. "Natafakari myasemayo mwisho nawapa vidonge vyenu."

- "I'm hearing your gossip; finally I'll tell you the truth."
177. "Natule asali tumwache nyuki na ukali wake."  
"Let's enjoy the honey and ignore the bee and its sting."
178. "Ndege tulia tunduni usinitie udhuni."  
"Bird, stay in quietly in your nest; don't give me sadness by moving about."
179. "Ndovu wawili wakisongana, ziumiazo ni nyika."  
"When elephants jostle, what gets hurt is the grass."
180. "Neno jema ni ua la moyo."  
"A kind word is a flower to the heart."
181. "Nikinyamaza mnasema nikisema napo taabu."  
"If I am silent you say that when I speak trouble is just there."
182. "Nilidhani jirani kumbe fisadi mtaani."  
"I though you were a good neighbor while you were just a spoiler."
183. "Nilijua mtasema."  
"I knew you would say it."
184. "Nilipenda tabia sio sura."  
"I liked the character not the outward appearance."
185. "Nimekuja kutembea, sikuja kwa umbea."  
"I am here for a walk, not to gossip."
186. "Ni mimi wako."  
"I am yours."
187. "Nitaishi naye kwa raha na taabu."  
"I will live with you in good times and bad."
188. "Nitunze nipendeze waigizao (waigao) wasiweze."  
"If you care for me I will look so beautiful that no one can imitate me."  
(Cherish me so that I can nourish)
189. "Nizako zabibu kula taratibu."  
"The vines are yours, so eat slowly."
190. "Nyota njema huonekana asubuhi."  
"Good luck begins in the morning."
191. "Nyuki mkali kwa asali yake."

- "The bee fiercely guards its honey."
192. "Nyumba hii ndipo mahali palipozaliwa azimio 1967-1977."  
"This house is indeed the place where the declaration of 1967-1977 was born."
193. "Nyumba yangu kuu ina mlango mdogo."  
"My large house has a small door."
194. "Nyumba yenye upendo haikosi bahati."  
"A home that has love does not lack good luck."
195. "Pambo la ngoma vifiyo."  
"A dance is decorated by cheering."
196. "Pamoja nimezau lakini sitasahau."  
"I have scorned all the things that have gone before but I will not forget."
197. "Parokia ya Mtakatifu Fransisko Ksaveri. Kristu jana, leo, daima."  
"St. Francis Xavier Parish. Christ – yesterday, today, forever."
198. "Parr! Hata Makka."  
"Fly even up to Mecca."
199. "Pasipowasha hunyeya."  
"If it does not irritate, it gets swollen."
200. "Peace with justice is everything."
201. "Pekepeke za jirani, hazinitoi ndani"  
"Unwarranted spying by a neighbor does not take me out of my house."
202. "Pendo huleta baraka nyumbani."  
"Love brings blessings to the home."
203. "Penzi la mama haliishi."  
"A mother's love does not end."
204. "Piga ngoma siyo mtoto."  
"Beat a drum not a child."
205. "Pole sana."  
"Very sorry."
206. "Ponda mali kufa kwaja."  
"Spend money recklessly."

207. "Rabi nipe baraka nipate ninalolitaka."  
"Lord bless me so that I may get what I need."
208. "Rafiki machoni unafiki moyo."  
"A friend to the eye, hypocrisy in the heart."
209. "A refugee is a person not a problem."
210. "Riziki ya mtu hupangwa na Mungu."  
"One's fortunes are planned by God."
211. "Saba Saba 1989."  
"Saba Saba [Celebrations] 1989."
212. "Salamu tupu sitaki."  
"I don't want empty greetings."
213. "Sema usemayo mitaani, ni wangu ninae ndani."  
"You can say and do what you like, but I have your son in my house."
214. "Serengeti na Ngorogoro, Tanzania – Jubileo ya Almasi (1921-1981)"  
"Serengeti & Ngorogoro, Tanzania Diamond Jubilee (1921-1981)"
215. "Shemeji zima taa."  
"Lover turn off the light."
216. "Shika ya wazazi upate radhi."  
"Obey your parents and you will be blessed."
217. "Shilingi ya ua ni maua."  
"The beauty of a flower is the flowers around it." (Meaning: A thing is valued in comparison to other things)
218. "Shoka husahau, mti hausahau."  
"The axe forgets but the tree doesn't forget."
219. "Si hoja sura bora vitendo."  
"Beauty is nothing; it is actions that count."
220. "Sikulipi bali nimekutunukia."  
"I am not paying; on the contrary, I have given you a present."
221. "Sikusudi ni tabia."  
"It's not the intention or purpose, but the personal character that counts."
222. "Sina tamaa."

- "I don't have desires."
223. "Siri ya nyumbani usitoe njiani."  
"Don't spread around outside secrets from inside the house."
224. "Sisemi mengi jibu utalipata."  
"I don't speak much. You will get the answer."
225. "Sisi sote ni abiria dereva ni Mungu."  
"In this world we are all passengers; God is the driver."
226. "Sitaki lulu wala fedha nataka mapenzi yako tu kama utayaweza."  
"If you are able give me your love, not your material possessions."
227. "Sitishiki wala sibabaiki; maneno yako si mkuki."  
"I am not terrified nor am I perplexed; your words are not a spear."
228. "Situmai uzuri wangu ninatumai bahati yangu."  
"I count on my luck rather than my beauty."
229. "Songea: Miaka 100 Umisionari Peramiho 1898--1998."  
"Songea: 100 Years of Mission Peramiho 1898--1998."
230. "Sote tu abiria dereva ni Mungu."  
"We are all passengers; God is the driver."
231. "Staha yetu ni heshima kwa watoto wetu."  
"Our respect is honor for our children."
232. "Tabia njema ni silaha yako."  
"Good behavior is your defense (best weapon)."
233. "Tafadhali nionee huruma."  
"Please have pity on me."
234. "Tamu ya mua kifundo."  
"Sugarcane is sweetest at the joint."
235. "Tamaa sina."  
"I don't have any ambition or greediness."
236. "Tanzania nakupenda kwa moyo wote."  
"Tanzania I love you with all my heart."
237. "Tanzania Tea/Chai Authority."

238. "Tembea uone mengi."  
"Walk around to get knowledge." or "Those who travel see much."
239. "Titi la mama ni tamu."  
"A mother's milk is best."
240. "Treat the earth well. It was not given to you by your parents; it was loaned to you by your children."
241. "Tukae kwa usalama kusiwe na uhasama."  
"Let's live harmoniously without any backbiting."
242. "Tukae tuishi wazuri haweshi."  
"A couple should live in harmony as beauties are born every day."
243. "Tumkumbuke Mungu kila siku."  
"Let us remember God every day."
244. "Tumkirimu mgeni."  
"We should be kind to the visitor."
245. "Tunaipenda Africa yetu."  
"We love our Africa."
246. "Tuombeane kheri."  
"Let's pray for each other's."
247. "Tuombeane kheri – mpaji ni Mungu."  
"Let's pray for each other's happiness – the gift giver is God."
248. "Tupendane waache wabaya waulizane."  
"Let's love each other and leave bad people to gossip."
249. "Tusherehekee miaka 25 ya uhuru."  
"Let's celebrate 25 years of freedom."
250. "Tusisahau kuhesabiwa 28 Agosti 1988."  
"We shouldn't forget to be counted on 28 August 1988."
251. "Tusitengane tufikirie watoto."  
"Let us stay together for the sake of children."
252. "Tuyatatue ni yetu matatizo."  
"Let us solve these problems ourselves, because they are our own."
253. "Ua la moyo."

"Flower of the heart."

254. "Uchungu wa mwana aujuae mama."  
"The Mother knows the pain of her child."
255. "Ukinipa nitapokea. Kuomba sikuzoea."  
"If you give to me, I will receive. I am not used to asking/begging."
256. "Ukinipamba nitapendeza."  
"If you decorate me I will be pleasing (beautiful)."
257. "Ukipata chungu kipya usitupe cha zamani."  
"If you get a new pot, don't throw away the old pot."
258. "Ukipata shukuru."  
"If you get something, be thankful."
259. "Ukipenda boga upende na ua lake."  
"If you like the pumpkin you should like its flowers." (Meaning: If you marry again you should love your spouse's children too)
260. "Ukipenda waridi uvumilie miiba."  
"If you like roses you have to endure their thorns."
261. "Ukiona mishale nyayo ziko nyuma."  
"If you see arrows then the [hunters'] footsteps are behind."
262. "Ukisikia neno niulize."  
"If you hear anything about me, ask me."
263. "Ukoma huwa unapona."  
"Leprosy usually heals in time."
264. "Ukweli ukidhihiri uongo hujitenga."  
"Where there is truth, lies disappear."
265. "Ulikuja ukanikuta utaondoka uniache."  
"You are a passerby. You found me here and you will leave me here."
266. "Ulijuwajee kama si umbea."  
"How did you know this if you did not go behind my back?"
267. "Uliyemtia moyoni ni taabu kumtoa."  
"It is painful to lose the one you truly love."
268. "Umejipendekeza mwisho umechoka."

- "If you are always doing things to show off, you will eventually get tired."
269. "Umoja ni nguvu; utengano ni udhaifu."  
"Unity is strength; division is weakness."
270. "Upendo huhitaji imani na wema."  
"Love needs faith and kindness."
271. "Ushinde na utawale – moyo safi wa Bikira Maria."  
"You conquer and you reign – immaculate heart of the Blessed Virgin Mary."
272. "Usiache mbachao."  
"Don't give away an old mat."
273. "Usiache mbachao kwa msala upitao."  
"Don't give away an old mat for a temporary one."
274. "Usibishane na mpumbavu."  
"You shouldn't argue with a fool."
275. "Usinione nimecheka moyoni nimekuweka."  
"Don't think that I am laughing at you; I hold you close in my heart."
276. "Usione kukonda ukadhani kwetu sili."  
"When I lose weight it doesn't mean that I'm not fed well at home."
277. "Usipende kwa pupa utakujanitupa."  
"Don't love me on the site; you will end up hating me."
278. "Usiseme yote mengine bakisha."  
"Don't say everything, spare some."
279. "Usishangae kusema ni kilema chao."  
"Don't be surprised with their gossip; it is their weakness."
280. "Usisherekee vita, ukalia amani."  
"Don't celebrate war, cry for peace."
281. "Usipoziba ufa utajenga ukuta."  
"If you don't fill up a crack you will build a wall."
282. "Usisikie ya kuambiwa."  
"Don't listen to what other people are telling you."
283. "Utamaliza mabucha nyama ni ile ile."  
"You will exhaust the butcheries while all meat tastes the same." (Note: This is a message

to a wayward partner)

284. "Uwongo wa mwenye nyumba si ukweli wa mpita njia."  
"The lies of the landlord are better than the truth of the passerby."
285. "Uzinduzi wa Parokia ya Sinza 1997"  
"Official Opening of Sinza Parish 1997"
286. "Uzuri wa Afrika."  
"The beauty of Africa."
287. "Uzuri wa mke ni tabia si sura."  
"The beauty of a wife is her character not her appearance."
288. "Vituko vyenu nimevizioea sasa navipuuzia."  
"I am used to your trouble making, but now I don't care."
289. "Waja hawasemi."  
"They come, but they don't say."
290. "Wajigamba una nini?"  
"Poor as you are, what are you boasting about?"
291. "Wakerekao shauri zao watakufa siku si zao."  
"Those who are too concerned about their own problems will die at a time that is not of their own making."
292. "Wanafiki wana vikwao vyao."  
"Hypocrites have their own places."
293. "Wanafiki wanafiki vikwao."  
"Hypocrites accept their way."
294. "Waongo mtaani mola atawalani."  
"God will rule over the liars in the marketplace."
295. "Wapiganapo tembo nyasi humia."  
"When elephants fight the grass gets hurt."
296. "Watanzania tumuenzi Baba wa Taifa."  
"Tanzanians, let us honor the Father of the Nation."
297. "Watoto wana haki ya kufurahia maisha."  
"Children have a right to enjoy life."
298. "Watu kwa amani."  
"People of (or for) peace."

299. "WAWATA (Wanawake Wakatoliki Tanzania) – Kwa Upendo wa Kristu Tutumikie."  
"Catholic Women of Tanzania – For the Love of Christ Let Us Serve."
300. "Wazee ni hazina."  
"Parents are a treasure."
301. "Wengi wachunguzi lakini wewe kiongozi."  
"There are many shepherds but you are the leader."
302. "Wewe ulie tu."  
"To keep complaining won't help."
303. "Wivu sina moyo unaniuma."  
"I'm not jealous; I just feel bad."
304. "Wote ni wana. Ubaguzi wa nini."  
"We are all brothers and sisters. Why is there discrimination? "
305. "Ya kwako du ya wenzako midomo juu."  
"Why should you talk about others' weaknesses instead of yours.?"
306. "Yataka moyo."  
"[Marriage] needs patience."
307. "Yote ni matawi shina ni mimi."  
"All are branches. I am the root." (Meaning: The legally married woman is the root. The rest of the women/wives are branches to the man.)
308. "Zawadi ni zawadi."  
"A gift is a gift."

**NOTE:** More background information on and explanations of these proverbs, sayings and other types of African Oral Literature are found in Chapter One entitled "Towards an African Narrative Theology of Inculturation," especially the sections on "Oral Literature as a Source of an African Narrative Theology of Inculturation" and "Research Methodology Used in Collecting and Interpreting African Oral Literature," in the following book: Joseph G. Healey M.M. and Donald F. Sybertz, M.M., *Towards An African Narrative Theology* (Nairobi: Paulines Publications Africa, 3<sup>rd</sup> Reprint 2000) and Maryknoll, NY: Orbis Books, 4<sup>th</sup> Printing 2002), 400 pages. See also the article Joseph G. Healey M.M., "You Faked Me Out: Sayings of East African Urban Youth" in *Wajibu* (Volume 14, No. 1, 1999), pages 2-4.

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