YOUNG LEADERS VOICE
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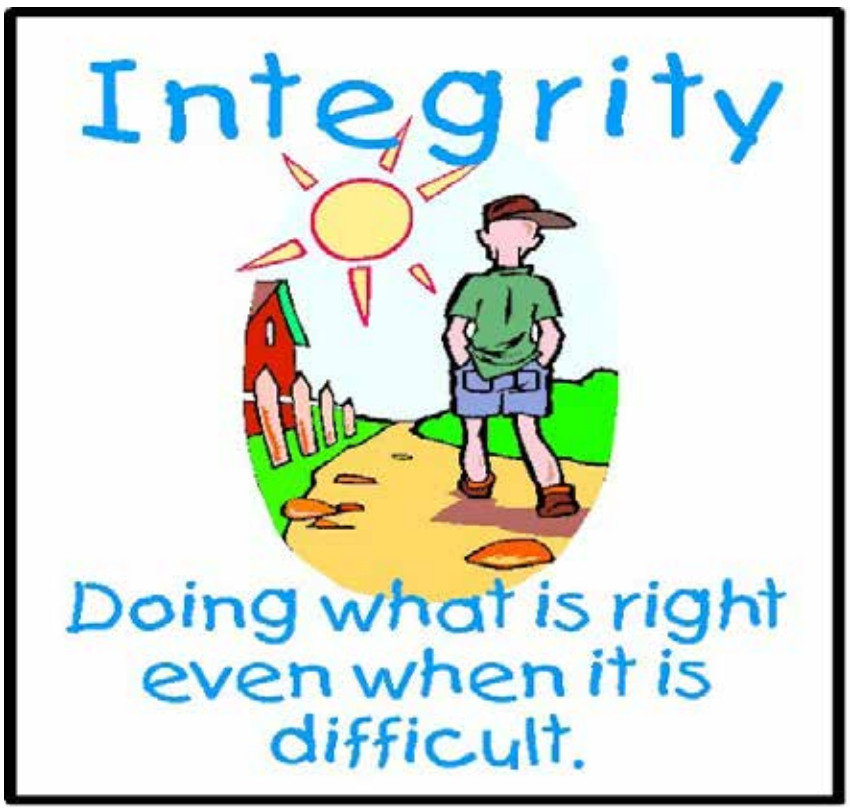
INTEGRITY

By Bereket Muluneh



Integrity seems like a big fancy word with such huge responsibilities behind it and you aren't wrong but there is more to it, let me explain…
First, let's look at the origin of the word. The word 'integrity' is a very old and ancient word from the Latin word 'Integritatem' which means soundness, wholeness or completeness, but the later more modern usage is from the French "Integrity" which also means the same thing. But what does it mean today and in day to day usage?
The Merriam Webster dictionary defines it as "the state or quality of being undivided" or in simpler terms, it means doing what you know to be right or to show yourself as a model of good works).

Integrity is the quality of a human being, to be honest, and fair. There is this common misconception that integrity just applies to people of high position or status, but it means just as much to the ordinary person. Every person at least once in his/her lifetime will be met with decisions that ask the person to deal with the matter at hand with the utmost care and honesty at the expense of oneself, or simply put, there will come a time or even multiple times where you will be asked to make a decision that is in favor of other people instead of your own. I am sure you, the reader, can remember the last time you were found in such a situation. Did you deal with it with integrity?

.....*See on Page 2*

"..I found that integrity has four major characteristics within it. These are; Trust, Respect, Responsibility, and Authenticity or Honesty (TARR for short)

WEEKLY SELF- REFLECTION

QUESTIONS

By Getu Neberu

How do I find my calling??
The best way is to start ask questions

- **What do you love?**
- **What are you passionate about?**
- **What makes you angry? Sad? Happy? Energize?**

Info

COVID - 19

By Dr.Ruth Demeke

Benefits of fasting

- Aids weight loss by limiting Calorie intake boosting metabolism
- Could delay aging and extend longevity
- May aid in cancer prevention and increase the effectiveness of chemotherapy
- May boost brain function and prevent neurodegenerative disorders
- May enhance heart health by improving blood pressure Triglycerides and Cholesterol level
- Promotes better health by fighting inflammation
- Promotes blood sugar control by reducing insulin resistance
- Increases growth hormone secretion, which is vital for growth metabolism weight loss and muscle strength

Sources -Healthline

Raising Well - rounded young leaders for Africa



Rejoice Africa young leaders development program stands to equip and raise the next generation of young leaders who are passionate to bring justice, stability, prosperity and transformation to African society.

RA has been registered and accorded legal personality with registry number 4269 on July 09, 2019, as a local organization in accordance with the civil society organizations proclamation NO1113/2019.

Vision

We envision developed emerging young leaders who will bring joy to African society.

Mission

Empower the coming generation to effective leadership in their sphere of influence.

Major Themes

Personal identity

Life purpose and value

Character development

Cultural literacy

Leadership skills

Target

African young people ages 14- 25

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The most common place where we see integrity is in the household; that is within families. While doing some research I found that integrity has four major characteristics within it. These are; Trust, Respect, Responsibility, and Authenticity or Honesty (TARR for short). A family without faults is nonexistent but there is a working/functional family that has all four deep within it. Thus a family can enjoy the benefits of integrity.Yet another place where we can find integrity is in society. Integrity is intertwined in the very fabric of society and civilization, you cannot even begin to imagine a society where there is no integrity because the society itself wouldn't exist or if it did it wouldn't last very long. Imagine a society where there was no respect, no trust or responsibility, and no one is honest. Some of you just thought of the mean streets of Addis just now and in the end, who can blame you, it really does seem like that sometimes but people with integrity always stand up and say something or do something despite their feelings and move society forward. Some authors define integrity with a purity of intention, with the thought of action expecting nothing in return. This might seem almost impossible, but if you are faced with this dilemma today, I challenge you, (or for the teenagers out there, I double-dog dare you!) to do what you know to be TARR, to be trusting, authentic, respectful and responsible. Let's all consciously make the effort of being people of integrity because it is expected of us and let's be honest, if we aren't then who will!?

OPPORTUNITY FOR YOUTH



Centre for Democracy and Development (CDD) Fellowship Program 2021-2022 (Stipend available)

For more information, visit Centre for Democracy and Development.



Microsoft 4Afrika SkillsLab Program 2020 for Students and Graduates in Ethiopia

For more information, visit Microsoft 4Afrika SkillsLab.



Call for Applications: TYC 3rd Pan African Youth Camp 2020 for Young Changemakers

Rejoice Africa Weekly E-Newspaper

The Beauty of Africa



Tundavala Gap, Angola by CAITLIN MORTON, MEREDITH CAREY and SEBASTIAN MODAK

MENTORS CORNER

"As I have said, the first thing is to be honest with yourself. You can never have an impact on society if you have not changed yourself... Great peacemakers are all people of integrity, of honesty, but humility."

Nelson Mandela

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