



**Timoth Japhet Kyara, BSc MSc PEng CEng**

Mr Kyara is a devout family man, married to **Irene** Robert Ungani, father of 2 biological and 2 adopted children – **Sadi, Severina, Axel** and **Amarissa**.

He is also a father to many sons and daughters in his **mentorship** program – *Hekima Talk Mastermind Class* – under **Hekima Talk** Ministry from where he ministers as a Life Coach, Teacher, Public Speaker and Published Author.

**My Father's Legacy** is a book written to his sons, sharing the knowledge and experience gleaned from his father, the late **Bishop Japhet Marko Kyara**, over fifty years of being his son and living under his wings.

**Part I** looks to know and grow inwards, who you are becoming, **Part II** looks outwards, what you do and finally **Part III** is a reflection and the summary of the book.

# My Father's LEGACY

**12 Things I Learnt From My Father  
That I Wish To Teach My Sons!**



**TIMOTH JAPHET KYARA**  
 Teacher | Author | Life Coach

*My Father's*

# LEGACY

*12 Things I learnt from my father that  
I wish to teach my sons!*

Forewords by  
**Rev. Freddie Japheth Kyara and,  
Bro Noorie Herry Kashenu,**

*esteemed colleagues and friends who shared space and time  
with my father, the late Bishop Japhet Marko Kyara!*

This book is written by,

Timoth Japhethy Kyara  
P. O. Box 2524, Ilala,  
Dar Es Salaam, Tanzania  
[www.hekimatalk.co.tz](http://www.hekimatalk.co.tz)

Social Media Handle



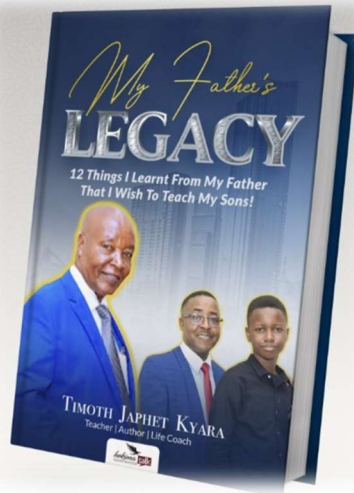
Hekima\_Talk



HekimaTalk

First Edition, January 2023

All rights reserved



**Cover Design By:**

Severin Simon  
+255 714 020 193

**Printed By:**

Matokeo Publishers & Printers  
Email: [matokeo@email.com](mailto:matokeo@email.com)  
Mob: 0754210701 | 068310304  
Dar es Salaam, TZ (EA).

**Published By:**

©Timoth J. Kyara, 2023

**ISBN:** 978-9987-15-047-2

## Table of Contents

|  |           |
|--|-----------|
| Word from the Writer.....                        | 7         |
| Word from Fred Kyara & Noorie Kashenu .....      | 8         |
| <b>SECTION I.....</b>                            | <b>11</b> |
| 1. FAMILY COMES FIRST, ABOVE ALL.....            | 12        |
| 2. BE SURROUNDED WITH GREAT ACHIEVERS .....      | 20        |
| 3. PIOUSNESS IS OVERRATED, STAY GROUNDED .....   | 30        |
| 4. MAKE BOLD ACTIONS NOT IDLE CHATS .....        | 35        |
| 5. LEARN TO PICK YOUR BATTLE.....                | 40        |
| 6. BLOOD, SWEAT AND TEARS.....                   | 46        |
| 7. AS YOU RISE, REMAIN HUMBLE.....               | 51        |
| <b>SECTION II.....</b>                           | <b>55</b> |
| 8. DON'T MOVE AN OLD BOUNDARY HASTILY .....      | 56        |
| 9. EMPLOYMENT IS A STEPPING-STONE.....           | 60        |
| 10. DO NOT BUY A HOUSE EARLY IN LIFE .....       | 67        |
| 11. INVEST IN A PRODUCTION FACTORY.....          | 73        |
| 12. EVERY MOVEMENT NEEDS A HOME and a BOOK ..... | 80        |
| <b>SECTION III.....</b>                          | <b>85</b> |
| 13. EPILOGUE – MY SONS LISTEN TO ME!.....        | 86        |
| 14. BOOKS I RECOMMEND YOU READ .....             | 92        |
| 15. LIFE & LEGACY of JAPHET & RUTH KYARA .....   | 95        |

## Word from the Writer...

If I was to write **ONE BOOK**, if I was to share **ONE MESSAGE** and if I was to **SPEAK ONE MORE TIME** to my sons – *this will be it.*

---

*12 things I learnt from my father and how I wish  
my sons would hear, understand and adopt them  
in their own lives and eventually teach their  
sons!*

---

My Father's Legacy is my legacy to you, and I hope you will learn of them, live them, build them up and teach them to your sons!

Love from,

  
*Tim J. Kyara*  
MWALIMU | MWANDISI | LIFE COACH  
*September 11th, 2022*



## SECTION I

*This Section deals with WHO you ARE, looking at your **attitude** and **attributes** – you will need these to be in check **if** you want to live a happy, healthy and successful life!*

## 1. FAMILY COMES FIRST, ABOVE ALL

*“Charity begins at home”*  
\_English Old Adage

**E**ven though my father left his home village at a tender age of 15, he never left his family. As children we could see how he valued where he came from, not just the land but also the people, especially his parents, siblings and the extended family, the blood relatives.

Our aunties and uncles would drop into our home unannounced and often stayed for weeks, months and sometimes years. I never heard or seen my dad (or mom) complain or treat them in any kind of way that showed anything other than that the fact that they were loved and welcome as family members.

Coming from a family of eight children, him being the second born, almost all his younger siblings and other extended family members came to stay with us until they landed their own place.

It was not a big deal for him to have extended family, relatives, come to live with us – we shared the little we had, if there was nothing, then that was exactly what we shared, no exception, no favouritism.

What I learnt from his life was ‘*you take care of your own*’, “we” comes before “I”. You take every opportunity you get to be there for your family, even at the expense of self.

When one is hurting, all are hurting – when one prospers, all prosper. Just like the spirit of **Ubuntu** – *I am because we are*.

This is a difficult life to live, unless you have *a sense of how temporary this life is* and that *you came with nothing, and you shall leave with nothing*.

That, everything you gain in between, should **be used to extend a warm heart** and live a generous life that builds each other as a way of building oneself.

Once a year, or every other year, we would visit his home village, as part of his annual leave. Our grandparents were always happy to see us. It was a great change of scenery from the busy city life to a laid-back calm village atmosphere in Marangu, Moshi, Kilimanjaro.

I loved going to the village because, *one* – the house, although not made of cement blocks, was big and spacious and, *two* – there was plenty of food and fruits – especially mangoes 😊, you would eat to your fill, and you could eat anytime you wanted to.

You walk in the farm behind the house and there were mangoes, banana, guava, avocado, cassava, sweet potatoes, cherries, barriers. I loved it – just one small challenge, there was a smell



### 2. BE SURROUNDED WITH GREAT ACHIEVERS

*“if you lie down with dogs, you will get up with fleas”*  
\_English Old Adage

**I**t is said, if you hang around five idiots, sooner or later you will become idiot number six; show me your friends and I will tell you who you are. You are, often, guilty by the association you choose to keep.

Your network will determine your net worth. You are the average of your closest 5 friends, by friends it usually means people you hang around with most of the time.

*“Do not be deceived, bad company corrupts good character”*<sup>1</sup>  
Apostle Paul letter to Corinthians. *“He that walks with wise, shall be wise but Companion of fools will be destroyed”*<sup>2</sup> is the King David Wisdom to his son Solomon.

Your close companions, people you allow into your inner circle, have great influence on who you become in life. It begins with influencing what you think and how, eventually what you think will manifest in your behaviour and character.

---

<sup>1</sup> 1 Corinthians 15:33 NIV italics mine

<sup>2</sup> Proverbs 13:20 KJV italics mine

My father did not say all these sayings, *not in so many words*, but he practiced them and taught us of them daily in a way – both at home and in church circles.

He often taught, *you cannot hang around unbelievers and remain faithful to your walk of faith*. Once you join the body of believers, you will have to hang around believers like you.



**"THE QUICKEST AND EASIEST WAY  
TO CHANGE YOUR LIFE IS BY  
CHANGING YOUR CLOSE ALLIES,  
BUDDIES, ASSOCIATES" TMKY**

We lived within the church compound, which had no physical fence, but he planted an *imaginary fence in our minds*. We were

never allowed to cross this fence without his permission or mom's.

Failure to abide by this rule led to the rod of correction being unleashed on your back side. Yes, we were disciplined by physical pain and my dad would explain that this serves as a reminder of the rule but more importantly to keep us from a more disastrous pain of failure, prison or death brought by wrong association.

After sunset, nobody was allowed to leave the house, except when one is going to a church fellowship or any other church related engagement that is known and approved by him. There was no discussion about this, only obedience was required.

We were not allowed to play with what we nick-named as ‘*street kids*’, we could only play with pre-approved kids from the church family members or relatives.

At that time, we did not understand why we could not play with anyone we wanted – after all, God loves everyone, right?

No matter how we yearned for sleepovers with school mates, we never had this permission until we became mid-teens. Even then, I can only recall only three families where we could get permission for a sleep over – *Kashenu, Chanilla and Tibanena families*.


The permission came with a million lectures, the do’s and don’ts, before you leave the house. Failure to abide by those led to painful consequences visiting upon your back side.

I recall one day I got so angry; our dad chased away some ‘street kids’ who were in our compound playing football with us; I confronted him to give me the reason.

He said, ‘*if you are going somewhere, you cannot hang around people who are not*’. I don’t want you near anyone who is indiscipline.

He said, ‘*these kids listen to no one, answers to no one and would end up nowhere unless they turn around before it is too late for them*’.

Book authored by the Late Japheth Marko Kyara:



# UZINDUZI

WA FOUNDATION NA VITABU  
VYA ASKOFU JAPHET M. KYARA

Historia ya Maisha ya Askofu Japhet & Ruth Kyara vile Mungu aliwachukua wakiwa Vijana wadogo na kuwaweka kuwa watumishi wa wengi kwa miaka 60.

*Watu wote Mnakaribishwa!*

**AWANAMKE  
JENGA NDOA YAKO  
USHOMOE**

Rev. Japhet M. Kyara

**HATIMA BORA  
YA KIJARA WA KIJARA**

Rev. Japhet M. Kyara

**HATIMA BORA  
YA KIJARA WA KIJARA**

Rev. Japhet M. Kyara

**KLPT ILALA BOMA**  
**SATURDAY | 2PM - 6PM**  
**11 TH DECEMBER 2021**  
**WAGENI RASMI:** Askofu Philemon Tibanenason  
Mchungaji Simon Vomo  
**FREE ENTRY | BURE**


**Contacts:**  
Pastor Fredy Kyara 0754566801 | 0655566801  
Elder Joshua Kyara 0784363170 | 0653363170

**HONGERI KWA KUMPITA  
MUME MZURI  
SATA JIFUNZE KUSHI NAYE**

Rev. Japhet M. Kyara

**HONGERI KWA KUMPITA  
MKE MHEMA  
SATA JIFUNZE KUSHI NAYE**

Rev. Japhet M. Kyara



**Timoth Japhet Kyara, BSc MSc PEng CEng**

Mr Kyara is a devout family man, married to **Irene** Robert Ungani, father of 2 biological and 2 children we took in as our own – **Sadi, Severina, Axel** and **Amarissa**.

He is also a father to many sons and daughters in his **mentorship** program – *Hekima Talk Mastermind Class* – under **Hekima Talk** Ministry *from* where he ministers as a Life Coach, Mentor, Teacher, Public Speaker and Published Author.

**My Father's Legacy** is a book written to his sons, sharing the knowledge and experience gleaned from his father, the late **Bishop Japhet Marko Kyara**, over fifty years of being his son and living under his wings.

Other books by Tim Kyara – *Ndoto Yako Inawezekana na Mechanics of Faith*

