



## *From the Roof of Africa*



***Sisters of Notre Dame***

***Holy Spirit General Delegation***

***June 2022 Newsletter Volume 14 #2***

### ***First Profession of Vows—2022***



#### **Preparations for the Profession of Temporary Vows**

On February 10, 2022, our eight novices began their hundred days countdown to Profession Day. It was a very exciting moment creating a great eager longing for the day of their commitment. The novices were guided through a reflection by Sister Mary Pascalina on the theme they had chosen, **“Your word is a lamp for my feet and a light to my path.”** (Psalm 119:106) Throughout the hundred days, the group gathered daily to offer prayers. Each person prepared a reflection and shared it with her companions on various days.

#### **Retreat**

Our eight novices made an eight-day retreat under the direction of Fr. David Eliaona, CSC (Congregation of the Holy Cross) at Moshi, Maua Retreat Centre, run by the Franciscan Capuchin Sisters. “Being at the foot of Mt. Kilimanjaro, it was a privilege for us to enjoy the beauty and meditate on the greatness of God seen through his creation,” a novice commented. A Day of



Recollection for the eight novices which was guided by Fr. Cyrus, SJ, the day before their First Profession, set them in a deep, prayerful mood in immediate preparation for saying their “yes” to the Lord.

### **Celebration of Vows**



This great day was celebrated in the Notre Dame School Hall on 21<sup>st</sup> May 2022. The Eucharist was celebrated by Rev. Bishop Isaac Amani, Archbishop of the Diocese of Arusha. Temporary and Perpetual Vows were celebrated together and Sister Mary Christine Syombua received the vows of the Sisters. For this reason, many invited guests of the professing Sisters including parents, other relatives, and nearby religious, were among those present.

We thank God for the community of the Missionaries of Africa, St. Mbaaga Spirituality Centre, who generously accommodated most of our visitors.

### **Missioning**

We gathered at the end of the day for prayers and missioning. Sister Mary Christine Syombua called the newly professed Sisters forward and gave each one her appointment.

The local superior of each community to which the Sister was appointed came forward and welcomed her.



### **Gratitude**

Sisters Mary Pascalina Ndunge, Mary Immaculate, the newly temporary professed Sisters, and all the novices wish to thank all our dear Sisters for the support and every contribution given to the formation of the novices. May God continue to bless you abundantly -- *From the novitiate community*



## ***Perpetual Profession—2022***

How can I thank the Lord for his goodness to us! I feel privileged to have been able to share in his blessings, the blessing of good vocations in our Congregation and particularly in our Delegation. It has been a grace-filled moment to accompany our five tertians of the year 2022 as they prepared for their Perpetual Commitment as Sisters of Notre Dame.



The journey started when I took up the ministry of accompanying them as Temporary Professed Sisters. It took only one year and four months to learn so much from each other. It has given me lots of joy to see them grow and become responsible members of our Delegation. I thank God for the opportunities to grow and the graces he bestowed on them during this time. I appreciate you, dear Sisters Brigid Marie, Mary Monica, Mary Jescah, Mary Winfred Mbatha, and Mary Livia for your readiness to move forward and your courageous **Yes** to serve the Lord forever as Sisters of Notre Dame.

We had an enriched renewal moment during the Tertiate Programme. Thank you to all of you, dear Sisters, for your prayerful support and special thanks to all our SND facilitators.

The Perpetual Profession ceremony on May 21, 2022, crowned it all. Each of the five tertians was called by our Delegation Superior, Sister Mary Christine Syombua just before the homily and, after responding in a loud voice “**Here I am**”, was accompanied by their beloved parents and guardians to the front where they took their special seats. The pronouncing of their vows colored the ceremony differently, as each one of them uttered the phrases “....in the Congregation of the Sisters of Notre Dame..... for my whole life, chastity, poverty, and obedience....” I silently thanked the Lord for the gift of each one of them to our Congregation and particularly to our Delegation. Yes, indeed the good God has done it for us. Let us continue to pray for these Sisters and for one another that we may remain faithful to this noble calling. Once again thank you, one and all. *Sister Mary Margaret Mbuba, SND*

## ***Associates’ Participation During the Profession in Arusha, Tanzania***



Our trip to Arusha, Tanzania was very enjoyable as we were able to interact well with each other as well as recite our prayers during the bus ride. Our team leader was Silas Muraguri set a good pace for us to make the journey exciting. We arrived at Notre Dame Njiro Convent and the Sisters made us feel at home.





The highlight of the trip was the Perpetual and First Profession of our Sisters of Notre Dame. It was very emotional for some of us as the parents escorted their daughters to the altar as they were about to say their final **Yes** to God. We witnessed how good is the good God! We sang our hearts out together with the choir and joyfully watched as each Sister was escorted to take her perpetual vows. A big thank you to the organizers of the event; it went on seamlessly.

May God's favour be upon us all as we walk this journey of faith. Thank you. *By Edwina, AND*



The Sisters who made Perpetual Vows and First Profession were each given a gift by the Associates. Thanks to our Notre Dame Associates in the Holy Spirit General Delegation, Nairobi, for their generosity in sharing their time and presence.



### ***A Gift from the Holy Spirit to our Delegation***



It was the 8<sup>th</sup> year of the birthday of our Holy Spirit General Delegation on June 5, 2022 Pentecost Day. **Yes**, it was the feast day of our Delegation when we received the perfect gift of the first Sister from PNG (Papua New Guinea). Sister Mary Nancy arrived at Kilimanjaro International Airport in Tanzania and was received by Sisters Mary Immaculate and Mary Kellen. Joyful songs and dances filled the Notre Dame family in East Africa, especially

the Notre Dame Njiro community, where Sister Mary Nancy is appointed. A very Hearty Welcome to you, dear Sister Mary Nancy, to our Delegation. *By Sister Mary Margret, SND*



**Sister Mary Nancy with Sister Mary Kellen.**

**Sister Mary Nancy with Sister Mary Immaculate**



**Sisters sing the Magnificat in the chapel at the arrival of Sister Mary Nancy.**



**Singing for joy!**





On May 17, 2022, nine Postulants became first-year novices. One of them is from Mozambique and it is always a joy to have postulants from Mozambique who come to join our International Postulants' and Novitiate Houses in the Delegation. Sister Mary Prerna prepared the group for this great day and from there on, they were handed over to the Novice Mistress, Sister Mary Pascalia Ndunge. They were so happy to take another step in their faith journey.



**The theme of the day!**



**Sisters, Tertians, second year Novices, first year Novices moving into their second year and the candidates were present at the investment of the postulants.**



The chapel and the big hall were well decorated for the celebration. After the investment ceremony there was a special dinner followed by the entertainment from the second-year novices and the candidates. The day was well-spent by all the sisters and the formees.

### ***Thirteen Candidates Travel to Mpala***

It has been a year of blessings for us as members of the Candidates' House in Zinduka, Arusha, Tanzania. From January 2022, we were blessed with twelve aspirants who joined us at the formation house. As they prepare for the next step of candidacy in July, eight pre-postulants traveled to Uganda on June 4, 2022, to join the four pre-postulants from St. Julie Formation House



in Buseesa Uganda and together prepare to enter Postulancy.  
*Sisters Mary Noela and Mary Veronica, SND*



**Eight Pre-postulants going to Uganda for Postulancy.**



**The four Pre-postulants in Buseesa going to Mpala for Postulancy.**



**Nine aspirants at St. Julie Formation House in Uganda became postulants on June 2, 2022.**

**There are twelve aspirants in Zinduka formation House in Arusha, Tanzania. They will become pre-postulants in July of this year, 2022.**

### ***Postulants in Mpala, Uganda, June 8, 2022***

Sister Mary Prerna prepared twelve pre-postulants who became postulants on the evening of the 8<sup>th</sup> of June. She had a special prayer service which was followed by a meal and a song of appreciation for Sisters Mary Christine, the Delegation Superior and her council, Sister Mary Prerna, and all the Formators who have journeyed with them during the Aspirancy and Per-postulant stages.





## Happy International Mother Earth Day, 22<sup>nd</sup> April 2022!



Here in Tanzania in Notre Dame Osotwa School, we have an environmental club organized by TPW (Tanzania People World life) Organization. Children meet on Saturdays for classes and they learn different things about how to take care of the eco system. At the end of the year, the children in class seven write an exam and those who performed well are sponsored for further studies. This year the organization gave us 22 trees in honor of Mother Earth Day. We planted those trees around our Notre Dame Osotwa School compound in Simanjiro, Tanzania. The children are taking good care of them so as to make our school compound beautiful and attractive.

We are grateful to the Tanzania People World Life Organization for their support of our Notre Dame Osotwa School. *By Sister Mary Edna, SND*

## PEOPLE WHO LOVE, CARE, AND SHARE MAKE LOVE GROW

With grateful hearts, we acknowledge the generous hearts of Mr. Ernest and the Dialogue Projekt group from Germany for the support they have been offering to our mission here at Notre Dame



Osotwa School. On March 14, 2022, the Children, Teachers, and Sisters were delighted to welcome Mr. Ernest and Mrs. Silke from Germany to our school. They came to see the progress of our mission here and prepare for the Dialogue group who is coming at the end of June this year for the renovation of the school. We appreciate and are thankful for the gifts they brought to us: play equipment such as skipping ropes,

two balls for the girls and four balls for the boys, and new jerseys for sports for the teachers and children. The children also received lollipops from Mr. Ernest and Mrs. Silke. They were very happy, and we are forever grateful. *Sister Mary Edna, SND*

## Retreat at Notre Dame Secondary School



One of the outstanding events of this month was the three-day Staff and Students' Spiritual Seminar/Retreat which took place at Notre Dame School, Njiro, Arusha. Those involved were the teaching and non-teaching staff, the students, Sisters working in the school, and the Candidates and Aspirants. It was conducted by Rev. Festus Justus Mwangwani, a Diocesan priest of the Archdiocese of Arusha-Tanzania, along with a team of six Catholic Charismatic men and women who participated so well

in praise and worship, and also gave some talks. Many participants, especially students, were spiritually healed and had opportunities for guidance and counseling.





### ***Appreciation Day at Notre Dame Secondary School, Arusha, Tanzania***



Wow! What a privilege to be part of the Notre Dame family!! We began the day with the general assembly for both Primary and Secondary sections, where both teachers and non-teaching staff were honored by receiving a flower to wear. Sister Mary Olive greeted and wished the staff on behalf of the school during the assembly. We then had Holy Mass, animated by the Secondary students, in thanksgiving for the service offered by our staff members, praying for more blessings upon them. After Mass, we had a short program, gifts presentation, speeches of appreciation and a special meal together. It was indeed a great day for our staff. *By Sister Mary Gladness, SND*

### ***Sensitization to the Environment at NDA, Buseesa, Uganda***

After doing their exams in April of 2022. Sister Mary Magdalene Musila conducted a five-day seminar on ***Care of our Mother Earth Who Sustains Us*** for our Notre Dame Secondary School students. The students were encouraged to make charts with phrases about taking care of Mother Earth and composed songs related to the theme of taking care of the environment.

One project had the students and the teachers walk to the nearest trading centre, Akasalaba, campaigning for a clean environment and collecting all the plastics lying on the ground as well as any other rubbish that will not decompose. They invited the people in the locality to keep the environment clean, keep the planet green, avoid deforestation, plant more trees, dispose of all plastics properly, and spare tomorrow's future for the coming generation!





**Plastics and any other rubbish which was collected in sacks was put on the truck by the teachers. These were taken to a proper place so that the plastics could be recycled.**

### ***Inter-house Competitions in Uganda***

Notre Dame Academy in Uganda has been growing and developing over the years but new ideas were surfacing. In 2021, a group was formed in disciplining our learners all around in academics, co-curricular activities as well as discipline. A house system would be good to initiate and so this year is the first time Uganda has a house system at Notre Dame Academy Secondary School; this enables us to have inter-house competitions. This involves activities that will help the learner to acquire a more holistic education. The names of the four houses are: Mt. Elgon, Mt Rwenzori, Lake Victoria, and Nile River. The students in each house compete in activities and points are acquired. In the end, the points are either added or deducted accordingly so the best house can be identified which was Mt. Rwenzori with the highest number of points. The promise was that the winning house will receive a goat to celebrate with their moderators. The goat was handed to them as well as the trophy. The day was very exciting for them; they prepared meals on their own and had a good party.



*Thank you and enjoy the above articles indicating some of the current events in our Holy Spirit General Delegation, Nairobi, Kenya.*