

Sisters of Notre Dame

Holy Spirit General Delegation

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Thank you and Farewell to Sisters Mary Rashmi, Mary Roshini, Mary Namita, Mary Sawmya, and Mary Colette



Sister Mary Rashmi arrived in Arusha, Tanzania on April 6, 2002 and always worked hard for the growth and development of the mission. She accompanied the candidates in formation, began Zinduka Women's Centre, working with women to empower them, started Village Community Banks for the women, started village nurseries, worked among the Maasai people in Simanjiro, and served as a local superior. Sister is a woman who can make gold out of stones. Our Sisters will always be grateful for her hardworking spirit, creativity and artistic nature.

Sister Mary Rashmi returned to Our Lady of Visitation Province, Bangalore, India on October 30, 2021



Sister Mary Roshini arrived in Arusha, Tanzania on July 26, 2003. She took care of the construction of our school and convent in Nairobi, Kenya. Later, she was appointed as the Director of the Novices in Arusha, Tanzania. While in Arusha, she supervised the construction of the boarding at our Notre Dame Secondary School, served as the local superior of Njiro community in Arusha, became the delegation councilor, was the first Holy Spirit General Delegation Superior, worked with the Associates in Nairobi, and journeyed with the tertians in 2021 before she left Africa.

Sister Mary Roshini returned to Our Lady of the Assumption Province, Patna, India on December 17, 2021. The Sisters and formees in our Holy Spirit General Delegation miss her simple-hearted presence.



Sister Mary Namita's spirit of hard work is highly recognized and appreciated by each sister in our Holy Spirit General Delegation. She is a sister who used to wake up early and sleep late because of her love for the children, teachers, workers, and the Sisters she served while she was in Nairobi, Kenya. She also loved nature, plants and animals.

We thank God for the gift of her self-giving spirit that led to the development of our Notre Dame School in Nairobi.

Sister Mary Namita returned to Our Lady of the Assumption Province, Patna, India on January 28, 2022.



The Sisters in our Holy Spirit General Delegation are very grateful for the gift of Sister Mary Sawmya to East Africa.

Sister started the first Notre Dame School in Tanzania and served as the head teacher at our school in Tanzania and our Notre Dame School in Nairobi, Kenya. Wherever she was appointed, the place never remained the same; structures were established to either accommodate students or the Sisters. Sister Mary Sawmya is a great educator and had a passion for helping the learners to get the best education. The sisters miss her daring and enthusiastic spirit.

Sister Mary Sawmya returned to Our Lady of the Assumption Province, Patna, India on February 1, 2022. May God reward her abundantly.



The Sisters in our Holy Spirit General Delegation are so proud to have met and witnessed Sister Mary Colette in service for the mission. She shared her energy, wisdom, and skills generously with the Sisters and students she encountered. She is a woman who could listen with patience to each individual. She worked so well with the young women in initial and ongoing formation. She became head teacher at St. Julie Model Primary School in Buseesa. She was local superior in Buseesa and also in Mpala, Uganda. She was in charge of establishing a community in Entebbe, Uganda, served as education coordinator in our delegation, bursar in Uganda and assistant Delegation Superior and a Councilor. The Sisters remember her with gratitude and strive to imitate her values especially that of flexibility and love for the Congregation.

Sister Mary Colette returned to the Immaculate Conception Province, USA on February 14th of 2022. May God bless and keep her in good health to continue serving Him.

A JOURNEY OF SELF REDISCOVERY

A group of eighteen Sisters had an eight-day retreat from September 8th facilitated by Father Joseph Kiarie from the Society of Jesus (Jesuits). The Sisters had only two sessions each day with a very enriching and educative inputs that helped them to deeply reflect and meditate on their identity as children of God. While spending their time with the Lord, they recollected themselves and were renewed once more. The last day was termed as “gathering the fruits of the retreat.” Sisters were encouraged to remember and cherish what God has done for them.



After Two Years, Schools Re-open in Uganda



The Schools in Uganda were under lockdown since March 18, 2020 because of the Pandemic. The lockdown was to last for 14 days, but fourteen days turned into seven months. On October 15, 2020,



the candidate classes returned to school to prepare for the national examination. In March of 2021, some of the other classes were allowed to resume school, one after the other.



The children in Nursery School to Primary Three never had a chance to return to school for two years. The Ministry of Education had allowed them to resume school on June 6, 2021, but after only one day at school, they were told to return home: another lockdown! With the news of the second lockdown, you could see the sadness on the faces of the children, teachers, and the supporting staff.

The 10th of January 2022 was a day of joy for the schools in Uganda. All schools and other institutions were opened for the students to continue with their studies. The hallways of our Notre Dame Schools were vibrating with the happy and excited voices of all our students.

By Sister Mary Rozaria Katusabe, SND

A CALL TO RENEW OUR RADICAL FOLLOWING OF JESUS!

It is another gracious and grace-filled occasion to ponder and contemplate our call and commitment, and an opportunity to express our discerned **YES** and recommit anew to continue proclaiming and witnessing Christ through various apostolates entrusted to us.

We had a fruitful personal prayer moment and precious time for our renewal of vows day. It was so enriching. The theme was **our vocation and personal formation. Sister Mary Getruda and I felt inspired to reflect more, and were touched by the following:**



Our call to religious life is a personal invitation to discipleship, where we become God's instruments at work without counting the cost. We are bound to God through our consecration, and we become inseparable from Him. It becomes our hearts' deepest desire to search for God and we thirst, long, and yearn for him, thus becoming His radical followers. The value attached to being in touch with the real self and the power behind it frees the heart to embrace the truth. This initiates the process of personal evaluation which imparts personal growth and conscious awareness of oneself.



We nurture the beauty within and we possess the sentiments of Christ and enrich those around us. We come to the realization and recognition of our own identity; we hold dearly what defines us, and our Charism and Spirit are implemented through our very lives.

We reflected more on prayer, a spiritual weapon that conquers all sorts of battles and strengthens the soul, imprinting in it steadfastness, constancy, and forbearance. Prayer is the heartbeat of our consecration. A religious person who doesn't pray is like a dry stream that cannot bring forth life in its abundance and richness. There is a great need to always create room for God in our lives, so that He may live in us and work through us.



We are so grateful to Sister Mary Christine Syombua and her council members for giving us the opportunity to renew our commitment to God. May the risen Christ continue to enlighten, empower, and fill her with His knowledge. Wholeheartedly, we honour and appreciate our Directress, Sister Mary Margret, for her spiritual accompaniment and countless ways in which she is nurturing our vocation and helping us to bring the best out of us. We greatly appreciate her tireless efforts in guiding us towards our ultimate goal in religious life.

We also acknowledge the spiritual nourishment we receive from Sr. Mary Emma Cindy, our local superior. Our sincere thanks also to Sisters Mary Juliet Namata and Esther for being true companions on our spiritual journey and for being good and helpful community members to us. Thanks to the Kiomboi community members for making our day remarkable and joyful. It was really a grace-filled day!

Thanks to our parish priest, Fr. Mosi, who touched our lives, nourished our souls and drew our hearts into a spirit of prayer and reflection. He encouraged us to remain steadfast in our radical following of Jesus, to live up to our identity as women religious, and to embrace our Charism as Sisters of Notre Dame.

We are very grateful to God who has renewed our consecration, awakened the zeal within us, energized us through His spirit, and transformed our lives to be prophetic, exemplary, imitators of gospel values that reflect Christ to all. We invoke the intercession of Mother Mary, and all the saints to be our companions on our journey towards holiness and saintliness. Thank you!

Sr. Mary Catherine Muema, SND from Kiomboi Community

LISTEN TO THE VOICE OF CHRIST WHO CALLED YOU

In response to God's call, we the Temporary Professed Sisters in the St. Julie Buseesa Community had a very nice day of recollection which was given by Father Taddeo Muhangi, a Diocesan priest, in preparation for the renewal of our vows. We reflected deeply on listening to the voice of Christ, the one who calls. We cannot hear this voice if we are not deeply rooted in our faith. To have faith is to be certain of what is not seen. In the Bible, we look at our Grandparent, Abraham, who demonstrated his faith in both words and deeds. Lifting a knife against his only son Isaac was a perfect response of his Faith. It is impossible to please God without Faith, (Heb. 11: 1-6).



Our Faith must help us to serve our brothers and sisters. In Mt 8:5-13 we see Our Lord bending down to wash the disciples' feet. That is the whole purpose of our "yes" to him, to bend and wash our neighbors' feet. Only then will we have imitated him in our call. Service is a vivid expression of our faith. Our daily prayer should always be like a disciple who pleaded, Lord, increase my faith." Having deeply reflected upon our call, it was a privilege for us to step forward and pronounce our vows during the solemn Mass that was celebrated by Fr. Charles Kakooza, one of the priests in our parish. Once more, we feel empowered, renewed, and moving forward with new

vigor for the mission of Christ. May the dear good God who called each one of us to bless our Directress, Sister Mary Margaret Mbuba, and all the Sisters for their accompaniment on our journey. It is a joy to journey together towards the promised land and that is our hope: that we shall one day share in his glory.

*By Sister Mary Juliet Ahaisibwe, SND
from St. Julie Convent, Buseesa, Uganda*



Renewal of Vows in Njiro, Arusha, Tanzania

With our hearts full of gratitude, we thank God for his protection, goodness, and his faithfulness in loving each one of us. We thank him for giving us the courage to say another "YES". As we continue to serve him in his vineyard, we pray that he may constantly guide us on our faith journey and, above all, in our vocation.



We are so grateful to our Holy Spirit General Delegation Superior, Sister Mary Christine Syombua, for allowing us to renew our vows and our commitment to the Lord. We owe much gratitude to our Junior Directress, Sister Mary Margaret, who has constantly accompanied us in our formation by encouraging us, praying for us, and touching us in different aspects of our lives. We thank our sisters from our different communities who have supported us with prayers and for making this day a memorable one for us.



Our renewal went very well. We had a recollection time at the Missionaries of Africa by Rev Father Biju who inspired us with great wisdom and experience to make our commitment to Jesus a true and lasting one. Today we had our Mass for renewal of our vows at the International Novitiate Chapel here in Arusha. We were Temporary professed sisters from three communities: Simanjiro, Njiro, and Zinduka. Once again we are grateful to God for this wonderful and remarkable event in our lives. Thank you all for your prayerful support. *By Sister Mary Hilda, SND in Arusha, Tanzania*

We, the Temporary Professed Sisters, had a fruitful day of recollection on June 30th in preparation for our renewal of vows. It was conducted by Rev. Fr. Ngowi Eladius from the Apostles of Jesus Congregation. The Theme was my life and vocation. He shared these topics: relationship with self, God, and others, the spirituality of the religious, what to do to live the vows faithfully, the importance of community life, and the challenges faced by the religious. These super topics reminded each of us why we decided to say another **YES** to serve God and His people in the Congregation of the Sisters of Notre Dame. *By Sister Judith Marie, SND from Syokimau Community*



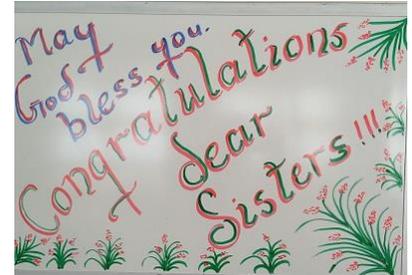
On the day of renewal of vows, Sister Maria Ethel from Germany came to celebrate with the Sisters. She came from Karen in Nairobi where she was conducting a workshop for the youth. Sister Mary Prerna was also present in the community since she passed by for a night in the Nairobi community on her way back from her home visit

Five Candidates from Zinduka in Arusha were present for the function as well since they had come to Nairobi to work on their travel documents. The Temporary Professed Sisters felt so blessed to have so many people to celebrate with them and for them.

Renewal of Vows in Didia, Shinyanga Community



We give thanks and praise to God for accompanying us on our vocation journey and granting us another opportunity to say YES to Him. We are grateful to our Delegation Superior and her council, our Junior mistress, our local superior, and our sisters from other communities for journeying with us. May the Lord bless each one of you.



By Sister Mary Cecilia, SND

We thank Sister Mary Namita who has been part of the newsletter team. May she be blessed for her timely response whenever she was requested to do proofreading. Thank you and enjoy the above articles indicating some of the events in our Holy Spirit General Delegation, Nairobi, Kenya.