

NEWSBULLETIN



CAMEROON - GHANA - CÔTE D'IVOIRE - LIBERIA - TCHAD

Marist Province of West Africa

N° 73 | 2023

WEAVING A TAPESTRY OF GRATITUDE



Provincial Administration

The Canonical and Pastoral visits of the Provincial Superior, Br Cyprian Gandebo to the Schools and Communities are still ongoing:

Nov 01 – 08, 2023:

Visit to the Novitiate Community, emphasizing spiritual growth and community engagement. He met with the Bishop of the Diocese to strengthen ties and discuss matters of mutual interest.

Editorial

By Br Valentine Meyanui, fms

As November unfolds, the Church's Liturgical Calendar invites Christians to embark on a journey of remembrance. Central to the spiritual fabric of this month is the heartfelt practice of praying for the souls of our dearly departed. Catholics globally unite in a special way to remember and honor family members and friends who have passed away. Through the power of prayer, the faithful express their love and gratitude for the lives of those who have left an indelible mark on their hearts.

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Nov 10 – 15, 2023:

Visit to the Kwadaso Community in Ghana, fostering a sense of unity and purpose. His meeting with the Archbishop, Gabriel Anokye was productive, addressing key issues and reinforcing collaboration.

Nov 17 – 18, 2023:

An ordinary session of the Provincial Council Meeting was held virtually via Zoom wherein the Council discussed and deliberated on the Action Plans for Commissions & Teams.

Nov 20 – 24, 2023:

Br Cyprian made a stopover at Buokrom Community in Ghana as part of his ongoing Canonical and Pastoral visitations. He encouraged the Brothers in the Community and thanked the staff and students for trying to live the dreams of Champagnat

November: Weaving a tapestry of Gratitude Cont'd

In the United States, Thanksgiving Day is observed on the fourth Thursday of November, and it is a time for people to express gratitude for the blessings in their lives. Families and friends often gather for a traditional Thanksgiving dinner, and many people take the opportunity to reflect on what they are thankful for.

This secular tradition echoes the spirit of gratitude that permeates November, bridging religious and cultural boundaries. The act of giving thanks becomes a universal language, reminding us all to pause and appreciate the blessings, both seen and unseen, that enrich our lives.

The crescendo of November's spiritual journey occurs on the last Sunday with the Feast of Christ the Universal King. This celebration encapsulates the essence of

gratitude on a grand scale. As Christians honor Christ as the sovereign ruler of all creation, they express gratitude for the divine love that governs their lives. It serves as a poignant reminder that amidst prayers for the departed and expressions of gratitude for earthly blessings, Christ reigns supreme, uniting us in a shared sense of THANKSGIVING.

In the tapestry of November, prayers for the deceased, the secular 'feast' of Thanksgiving Day and the celebration of Christ the Universal King converge to create a rich mosaic of gratitude. This month becomes a sacred space where the temporal and spiritual intertwine, reminding us to be grateful not only for the blessings we see but also for the eternal love that encompasses us all.



Photo by Donald Giannatti

Pastoral Visitation

Friday, 24th November 2023

The Provincial Superior, Br Cyprian addressing the students of St Marcellin Champagnat, Buokrom - Ghana



The Provincial had a session with teachers of the school

From Our Students



Sharing is Caring

By Shakiratu Nyuykonghi



Under the exceptional title of *Sharing is Caring*, the students of St Pius X Catholic Colleges in Tatum, Cameroon have experienced profound generosity at the onset of the academic year from our sponsors, including SED and FMSI. Their thoughtful contributions, ranging from textbooks and math sets to essential personal care items like toothpaste, toothbrushes, bathing soap, and even sanitary pads, have significantly enriched our learning experience while enhancing our overall cleanliness and health.

This act of giving not only demonstrates their benevolence but also conveys a genuine love for us. Despite not knowing us personally, they extend a helping hand out of a deep understanding of our needs. We express heartfelt gratitude, hoping that God blesses them abundantly, enabling them to continue aiding others in need.

In return, we pledge to diligently study, appreciating and not squandering their invaluable efforts. We commit to sharing the little we have with our peers, cultivating respect, and exhibiting diligence towards our teachers, parents, and elders



From Our Students



Letter to our Benefactors

By Yufonyuy Terence Kongnyuy

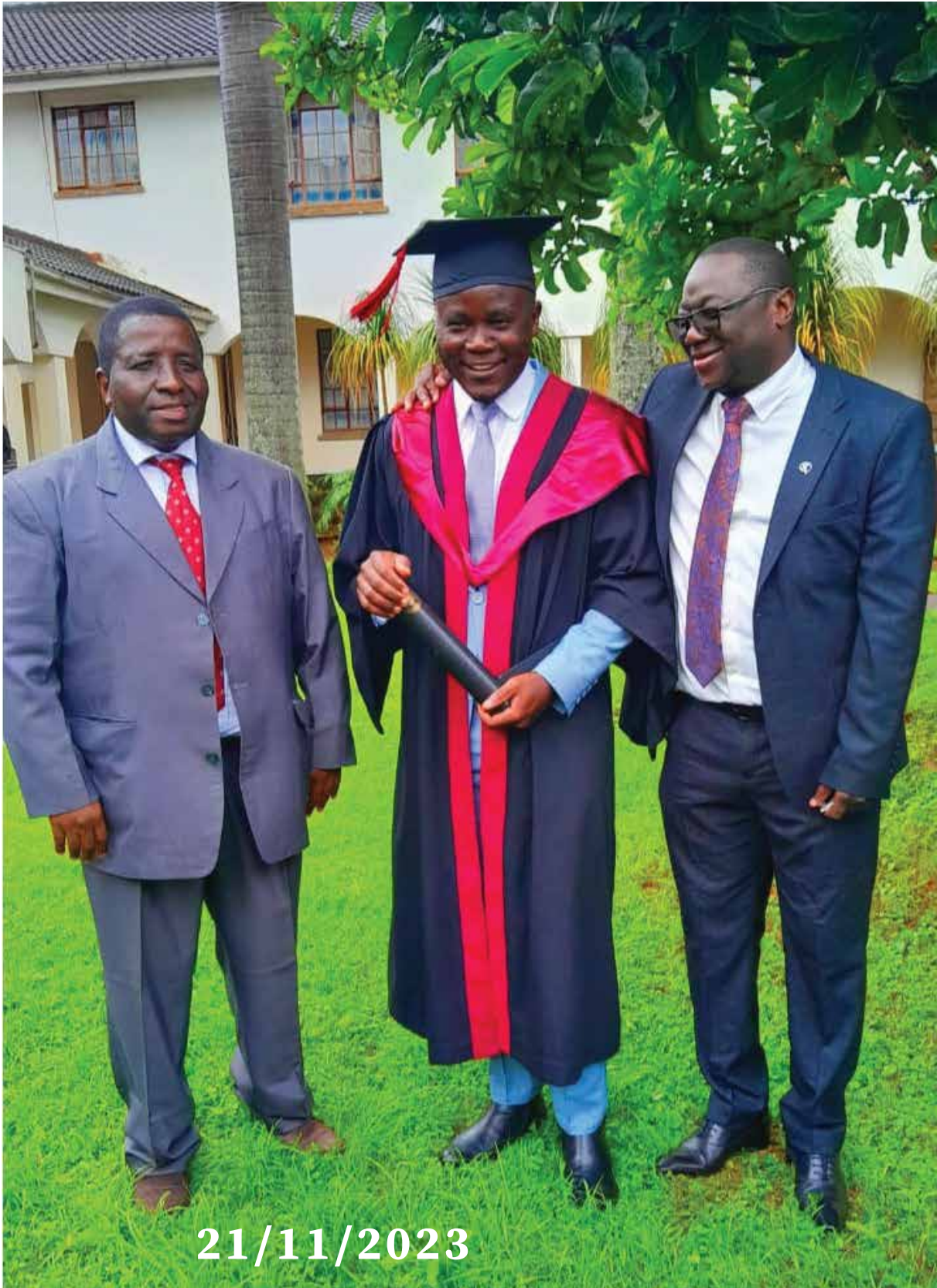


Dear Benefactors and Mentors,

I am writing to express our heartfelt gratitude for the generous gifts and unwavering support you have provided us. Your consistent presence has been akin to that of benevolent angels. Your assistance has significantly elevated our educational experience, making our school stand out. Your financial support has covered our needs, and the recent gift at the commencement of the academic year, along with the provision of textbooks and dictionaries, has greatly benefited our learning environment. The impact of your contributions is evident in the improved study habits of students. As students of St. Pius X school, we have learned a valuable lesson from your example—to share what we have, for "The hand that gives will never lack." We assure you that we will make the best use of your support. May God continue to bless you abundantly.



Congratulations!!!



Graduation of Br Parfait with Diploma in Religious Studies (DRS) as part of Scholastic formation program at Marist International Centre (MIC)

Episcopal Ordination

On November 11, 2023, the installation of the Bishop of Koumra, Mgr Samuel Mbairabe Tibingar, marked a historic event in the newly established Diocese of Koumra, separated from the Diocese of Sarh. The ceremony, attended by lay faithful from across Chad and members of the Chad Bishops' conference, saw active participation from the Marist Brothers in various organizational commissions. Despite the substantial challenges ahead of the new diocese, there is a collective trust in God to guide and ensure a promising future.





Ecological Outreach



On November 26, 2023, Br. Francis Veye and a few members of the community attended Holy Mass at the Resurrection Catholic Church, Agric. At the end of Mass, he made a presentation on Integral Ecology and the Climate crisis. Subsequently, they visited St. Gregory Provincial Major Seminary, Pakoso - Kumasi, where he addressed seminarians and Faculty on Integral Ecology, Environment, and Spirituality.



On November 30th 2023, the students and staff of Marist Preparatory School, Sabin Akrofrom, followed keenly a presentation by Br Francis Veye on Integral Ecology Environment and Spirituality.

Marist Pedagogy: From a Psychological Lens [12(i)]

- Br. Eric Kramo, fms

This edition is dedicated to the discussion of the fifth trait of the McCrae and Costa Five-Factor Model of Personality, namely Neuroticism. This trait pertains to an individual's emotional stability and impulse control. Individuals who score high on the neuroticism spectrum experience unpleasant emotions such as anger, anxiety, depression, or vulnerability. Theory proponents found that individuals with high neuroticism may exhibit anxious, temperamental, self-pitying, self-conscious, emotional, and vulnerable behaviours. Conversely, people who score low on neuroticism are likely to be calm, even-tempered, self-satisfied, comfortable, unemotional, and hardy. The guiding question for this discussion is centered on the emotional stability of the Blessed Virgin Mary.

The devotion of the seven sorrows of Mary, popularized by John de Coudenberghe in 1482, centres on significant events in the Holy Mother's earthly life that were emotionally charged. These events include the prophecy of Simeon (Luke 2:34-35), the flight into Egypt (Matthew 2:13-21), the loss of Jesus for three days (Luke 2:41-50), the ascent to Calvary (John 19:17), the crucifixion and death of Jesus (John 19:18-30), Jesus being taken down from the cross (John 19:39-40), and Jesus being laid in the tomb (John 19:39-42). All these give us different perspectives on the level of her emotional stability and impulse control.

The aforementioned events posed significant

challenges to Mary's emotional resilience. For instance, Simeon's prophecy that "a sword will pierce your very soul" was a disturbing metaphor for the nursing mother and could possibly dampen her faith in God, she was emotionally unstable. The journey from Palestine to Egypt, spanning a distance of 713.83 kilometres, was extremely grueling, frustrating, and stressful for Mary and her husband, Joseph, who had to undertake it with a nursing baby. Without sufficient inner strength, the journey could have plunged her into deep depression.

Imagine a mother losing her son for three days. Undoubtedly, the incident could be traumatizing and distressing. Such was the experience and emotional state of the Blessed Virgin when she lost the boy Jesus for three troubling and agonizing days. She joined a search party to look for her son, who was about his father's business at the Temple in Jerusalem. Nothing short of emotional tenacity sailed her through. A similar ability made the Blessed Mother ascend to Calvary with her son. Above everything else, she mitigated her sorrow and instead provided or afforded hope to the suffering Jesus. What is more? She tenaciously endured the excruciating suffering of her only son and child for three hours until he finally gave up the ghost.

***** To be Continued...**

From Our Schools

Br Michael Telewah, fms

Prefects' Encounter

Marist Youth Ministry (MYM) in Ghana successfully hosted Prefects' Encounters for both Marist and non-Marist schools. The initiative aimed to foster idea-sharing, socialization, and leadership skill development among student leaders. The events, held on October 27, 2023, in Kumasi and November 10, 2023, in

Accra, brought together Prefects from Marist Prep/JHS, St Marcellin Champagnat School, Our Good Mother School, Avorcity Basic School, and Ashalaja M/A 1 Basic School. The turnout from participating schools made the program both engaging and educational, marking the beginning of an annual tradition for MYM.



A SENSE OF CULTURAL IDENTITY AND MENTAL WELL-BEING

Marist International University College in Nairobi, Kenya, with a diverse community comprising over twenty-five nationalities, upholds the practice of celebrating cultural diversity as a means of appreciating and preserving cultural beliefs, norms, values, and practices. On November 4, 2023, the MIUC community marked Cultural Day under the theme "Unity and Social Innovation through Positive Cultural Diversity." The chosen caption, "a sense of cultural identity

and mental well-being," underscores the intrinsic connection between cultural belongingness and mental health. Observing the event, I noted that individuals identified themselves beyond tribal affiliations, emphasizing a collective cultural identity for each country, fostering a strong sense of solidarity. The celebration showcased unity, transcending specific ethnic distinctions within countries like Cameroon and Ghana, exemplifying a shared spirit of joy and cultural diversity appreciation. This collective expression contributed significantly to my mental well-being, providing a respite from academic pressures and fostering an atmosphere of unconstrained celebration.

*** To be Continued...



We welcome your valuable input. Your feedback and ideas are essential in helping us improve. For Comments, Suggestions and sending of articles, contact:

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