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MIC COMMUNITY WELCOMES THE GOOD SHEPHERDS FOR THEIR ANNUAL MEETING

By Br. Angelo Atibo

Following the teachings of Jesus Christ the good Shepherd, the Provincials and District Superior of the Marist Brothers of Africa: Brs. Joachim, (Nigeria); Sylvain (Madagascar); Valentine, (PACE); Joe Walton, (Southern Africa) and Francis, (West Africa), paid their annual canonical visit to the MIC Community following the principles of good leadership. This visit of the Major Superiors to MIC is not a touristic venture but rather a service to those entrusted to them. Like the parable of the good shepherd cited by Jesus during his earthly teachings, the Provincials and District Superior of Africa and Madagascar have the good of their Brothers at heart.

Br. Joachim Ezetulugo the out-going President of the Conference of Superiors of the African Continent introduced to the Community the in-coming President – Br. Francis Lukong and the new Secretary – Br. Spiridion Ndanga who replaced Br. Albert Nzabonaliba the out-going Secretary of the Conference. While addressing the MIC Community, he stressed on the aspect of personal and mutual responsibility and as well encouraged the Brothers in formation to strike a balance in both their academic and prayer life.

On his part, Br. Valentine, the provincial of PACE, during his speech; compared the formation centre with a “SHAMBA ” (Garden) which represents the hope of life in the African context. He also gave some presentations on the General Conference held in L’hermitage-France last year.

Finally, Br. Francis Lukong the new President of the Conference of Superiors of the African Continent thanked the formation team for their untiring efforts and encouraged the brothers in formation to be the primary agents of their own formation.



MIC INTER-FRATERNITY TOURNAMENT COMES TO A CLOSE!!

By Br. Obinna Osuagwu

Life without competition is as good as stagnant water. Competitions recreate life as it helps people to discover themselves more, either positively or negatively.

Inter-fraternity games in MIC are wonderful innovation, wise and healthy thought from vivacious minds. This competition has so far helped in moulding and nurturing fraternal spirit among the brothers in MIC. It has equally played a tremendous role in tutoring our emotions and enlightening our minds about the two sides of the coin in life. These two sides are the realities of life and should be accepted wholeheartedly in life. Competitions have two sides; winning or losing. All should be appreciated in the spirit of sportsmanship. Competitions open our minds and hearts to hope for better tomorrow especially when we do not meet our goal; it also intensifies and encourages the spirit of hard work because success is never achieved on a platter of gold.

In this year's edition of the competition, six Fraternities participated in the following games: volleyball, basketball and football. As the competition progressed, natural selection took its course on every Fraternity based on their strength and competence in each game. The results were as follows:

Chanel Fraternity took the 3rd position in basketball, La Maisonette Fraternity 2nd position, and Lwanga Fraternity 1st position.

In volleyball competition: Francois Fraternity took the 3rd position, Lwanga Fraternity 2nd position while La-valla Fraternity emerged 1st position.

Finally in football; Lwanga Fraternity took the 3rd position, L'Hermitage Fraternity 2nd position, while La-valla Fraternity won the most aspired position as the defending champions. From the above results, Lwanga Fraternity emerged as the overall champion of the tournament.



At the end of it all there was cash award from the Superior of the Community to all the Fraternities as well as trophies to those who made third, second and first positions in each of the games. These gestures were encouragements for hard work and commitment which the brothers exhibited during the competition.

The competition was crowned with a novelty match in Volleyball between the formators and the young brothers. The formators in this match were commended for their sense of maturity they portrayed during the match. Their emotional control was superb and worthy of emulation. The young brothers on their part used their exorbitant energy to contain the formators. Eventually, everything ended with smiles.

HAPPY VALENTINE'S DAY TO YOU ALL

By Br. Jonah Solomon

While looking at the life of St. Valentine, I came to realize what it means to love in a charitable way by accepting our weaknesses, to give love and care for each other. Love has no desire but to fulfill itself. If you love let these be your desires; to melt and be like a running stream that sings its melody in the night, to know the pain of too much tenderness, to be wounded by your own understanding of love; and to bleed willingly and joyfully.

If you love someone then Valentine's Day is the perfect occasion to uncover your heart and let that special someone know how unique they really are. While there are millions of time-tested ways to proclaim your love to your beloved, why not try using the following sayings?

"Keep love in your heart. A life without it is like a sunless garden when the flowers are dead. The consciousness of loving and being loved brings a warmth and a richness to life that nothing else can bring."

"Death is a challenge. It tells us not to waste time. It tells us to tell each other right now that we love each other."

"We are, each of us angels with only one wing; and we can only fly by embracing one another."

"No cord or cable can so forcibly draw, or hold so fast, as love can do with a twined thread."

Wishing you a happy valentine's day.



TEACHERS: a special breed—Br. Dr. Cyprian Gandebo, fms

Teachers are, indeed, special people. This is because they have the power to affect a child's life for better or for worse. A child becomes what he experiences. It is true that parents have *the original keys* to the experiences of their children, but it is equally true that teachers have *the spare keys*. With these spare keys, teachers are capable of opening or closing the minds and hearts of their pupils. They can, therefore, do much more good to their pupils than parents can. Hence, every educator should see teaching as a vocation more than a profession, requiring dedication and a deep sense of commitment.

Despite the fact that teachers are special people, there are certain obstacles that come in the way of this uniqueness. Personal, academic, psychological, and sociological issues may prevent or obstruct the effective functioning of the teacher. The **personal** issues may be linked to poor health, fatigue, community/family responsibilities. The **academic** issues pertain to mastery of content, lesson preparation, correcting work, completing the syllabus, adequate resources among others. Similarly, teachers have challenges pertaining to **psychological** matters brought about in part by low self-esteem, pressures of meeting deadlines, as well as monotony and boredom resulting from the educative process. They also encounter **sociological** challenges like uncongenial relationships with management, learners and parents due to misunderstandings, prejudice, jealousy, feelings of being threatened, discrimination, and insolence towards teachers.

All these circumstances, notwithstanding, teachers are a special breed because of all they symbolize and stand for. They are:

Glowing lamps illumining the darkness of ignorance

Skilled potters moulding and forming the tender young minds and hearts entrusted to their care

Devoted gardeners tending and nurturing the budding plants in their garden parch, helping them to blossom and to bloom through their care and concern

Friends, philosophers and guides, who most of the times are parents-substitutes.

What then is the secret of the **SPECIAL** teacher? In my opinion it is nothing but a fair share of *Selflessness and Service*, mingled with *Patience and Punctuality*, heightened by *Enthusiasm*, flavoured with *Courtesy and Kindness*, tempered by *Impartiality and Integrity*, sustained by *Awareness and Alertness* and enriched by **LOVE** for the learners. Teachers are, indeed, **S-P-E-C-I-A-L** because they serve and carry out their responsibilities with:

S – SELFLESSNESS and SERVICE

P – PATIENCE and PUNCTUALITY

E – ENTHUSIASM

C – COURTESY and KINDNESS

I – IMPARTIALITY and INTEGRITY

A – AWARENESS and ALERTNESS

L – LOVE

Let me conclude by saying that “teaching is a noble profession and we need to Love it with passion.”



COMMEMORATION DAY OF OUR HUMBLE BEGINNINGS

By Brs. Jean Bosco UWIZEYIMANA and Okoye Anthony

“Love one other as Jesus Christ has loved you. That is the desire of my heart and my burning wish, at this last moment of my life...Yes, dearest Brothers, hear these last words of your father: “Love one another!”

This precious testament of Fr. Champagnat to his Brothers expresses the sentiments and feelings resulting from an experience of life.

Where there is love you find God (1Jn 4:16) and the seed planted by God is resilient to the changing behavior of weather and climate of ages and its fruition. This resilience is what still stands and makes Marist International Community, together with the Marist world, to celebrate the 197th anniversary of our foundation. The beginnings were not a garden of roses. Our first Brothers labored, our generation is proud of them and we jubilate in the faithfulness of God.

In his homily, Br. Ndawala, the MIC Superior, reminded us of the rock on which our roots first captured water. He narrated the history of the foundation of the Little Brothers of Mary, the immediate causes, Mission and Apostolate of the Brothers and their identity in the Church. The commemorating Community appreciated the hard work of the first Brothers and the impeccable perspectives the Founder envisioned. The thanksgiving Mass ended at 12:50pm. The guests were invited for fraternal meals with the Brothers. The day was graced by the presence of Br. Teofilo Minga and the Brothers from the Provincial Community of PACE. Finally, there was the awarding ceremony of trophies to participants in the inter-fraternity tournament as well as a volleyball match between the brothers in initial formation and the formators to mark the end of the Foundation Day.

The day of the Consecrated life in Nairobi Arch-Diocese was officially celebrated on Sunday the 5th of February and as usual the MIC Community and their neighbors gathered in the main chapel at 9:00 am. The festive Eucharistic celebration was presided over by Rev. Fr. Emmanuel who is Known for his unique way of looking at reality, was very unambiguous in his homily as he tried to call a 'spade' a 'spade'. He challenged the Congregation, especially the Religious to wake up and accept the challenge the Lord is offering us to send us on Mission to his people. In his usual dramatic way, at a point in his sermon, said to the Congregation, and I quote" Brothers and Sisters, turn to your neighbour and tell him or her to take courage! Guess what? The Congregation burst into laughter, but he reiterated his words 'Tell your neighbour to take courage' for though we are called individually, we journey as a people; for though the Lord's Grace is enough for us to answer his call, the journey remains a challenging one; we need the support of our Brothers and Sisters, especially those who journey with us.



Awarding of Trophies



IT'S SPORTS TIME



MANUAL WORK IS A VALUE !!



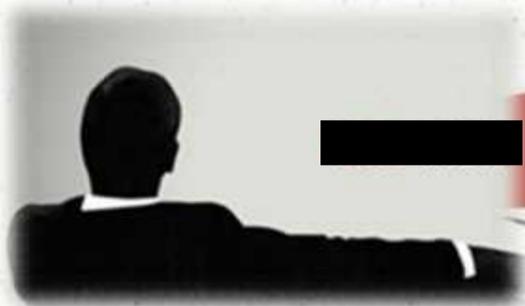
MARIST SIMPLICITY—By Br. Pierre Mpatswenumugabo

Looking at the life in Marist International Center, one can feel that there is hope for our Marist world now and in the future.

Brothers are happy to take up their formation in an integral way in order to be fully armed for the mission which awaits them.

In all simplicity and courage, we witness Brothers on daily basis fulfilling their roles and responsibilities, from breakfast, we see them very happy doing their morning chores like in the sweeping of the car park popularly referred to as 'airport' before time for lectures. This they do without minding how smartly dressed they may appear.

It is this love of work and the value they attach to it that motivates them even to do more.

**WARNING OF A MAD MAN**

By Br. Peter Zulu

Bloon! Bloon! Blown away!
Who was I in the past and who am I today?
Just a few minutes excitements led me into a permanent madness.

Father died, Mother toiled day and night to carry the calabash of my life,
She labored, to look for money to pay for my school fees; of which I did not pay because I squandered the money with people I called friends.

Ask me what Drug OR Beer did I not test? Life was so good after smoking marijuana or the so called WEED. Hooo!! I did not know that I was ruining my life.

Today is my 5th anniversary of my insanity no friend is with me, am living alone in the Drainages, have never seen them again since my madness.

To you my brother and sister don't indulge yourselves in any Drug, or Alcohol abuse. Look at me now am called by all sorts of names.

They call me MWENDAWAZIMU, CHOFUNATA, CHINAGWA, and MALUKU and so on. My mother too, she has not been left out in these names. Wherever she goes people identify her as the mother of MWENDAWAZIMU, CHOFUNATA. OOO!!!!!!
What a shame I've brought to her.

My dear brothers and sisters, do you want your mothers to be called that? No!! Remember that what you are is a gift from God and from your parents. But what you will become is your gift to your parents and to God.

Now what kind of a gift do you want to offer to your parents and to your God?
A Mwendawazimu? A mad person? Or Chofunata? NO!!!! That is not a good gift.

Since you are still in good health, MENTALLY, PHYSICALLY and SPIRITUALLY, My advice is:

Touch not,
Do not,
Try not,
Test not,
The rest, you will be led astray like me.

Do not say you were not told, am telling you as a person who is experiencing insanity. It's not fine to be mad at this time people have stopped throwing food, no places to sleep and no one is ready to help.
Please! Please! Please! Take care of yourselves.

THE REFORMATION OF RELIGIOUS STUDIES PROGRAMME

BY BR. OBINNA OSUAGU

Whenever there is call for reformation, it is obvious that there is something odd with a process or a system adopted by an organization or institution.

Two years ago, the trimester set aside for Religious Studies Courses was very tedious and cumbersome that only the strong ones could afford to survive. In sympathy to this difficult situation, the leaders of the Centre and the College restructured the program.

As a result of this restructuring done by the College, today we all are beckoning on the trimester to come because those of us who had a bit of taste of the previous trimesters praise and glorify God for the wonderful change. It is now a period of joyous studies instead of pains and grudge.

In addition, the facilitators of the program are blessed with wisdom and special humour. These facilitators have made teaching and learning more interactive and attractive. The anticipated boring courses became more interactive, odd hour classes became most interesting classes and most awaited classes of the day. We are indebted to our facilitators for their creative and democratic style of teaching. Some courses are dramatized as they become indelible in the minds of the students. This has forced a hard request in the mind of the students, asking if some of these facilitators could be allowed to handle courses they foresee they are competent in, come next trimester. There is no error in trial, after all reformation is a trial of a new idea or opinion. The reformation of religious studies program has gained its approval by the certified performance of the students.



MIC CLEAN-UP CAMPAIGN By Brs. Harry Nyanti and Edoard Mulaila

Cleanliness is an important quality that is to be embraced by all. Man cleans his body, his mind and his heart. He cleans all his actions and manners; he cleans his soul. Hence, cleanliness is considered so significant in the society.

Edward Wilson states that “The earth is our home. Unless we preserve the rest of life, as a sacred duty, we will be endangering ourselves by destroying the home in which we evolved, and on which we completely depend.” This is just an awaken call on the impact of our milieu upon our lives; the more we conserve it the better, the more we prevent ourselves from various diseases. The late Pope John Paul the second advocated on the same line with the above opinion as he says “the earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.” These words did not pass through the ear of mutes; brothers in initial formation in MIC got sense over them and incorporated some values out of them.

In the same spirit, MIC had a general Community clean-up campaign on the 8th of February, 2014. Every Fraternity was assigned a place to work around the MIC property. Gutters were cleaned; hedges were trimmed, sweeping done, grass cut, and cleaning around the kennel. All these were done in the spirit of our first Brothers.

As Marist brothers, we have values we feel proud out of them; one of them is manual work which is even a great example we trace from our founder. It was so marvelous to see the mood in which the MIC cleaning campaign went on. Done on the weekend, it was so inspiring to our fellow lay students who came around on that day for their academic research, and some of them they did not hesitate to utter some words of complimenting for the good work done.

Oh! How fantastic it was, with a Community spirit, the brothers were working in their respective places in such harmonious way. Good animations were shared while the work was going on, the laughter, enjoyment; jokes were brought in to keep the work going on well. Each brother participated in all those descriptions as much as he could; different we are, but complementary. In a short time, without even realizing it, a great work was done. That is the force behind the community, united, strong with care for each other; we'd reached that far. Is not something to be proud of? Thanks to the Maintenance Commission for their initiative to organize such an activity.



Mémorial au Frère Charles Howard

Homme de vision, accueillant le Seigneur
Tu avais un sens exceptionnel de l'histoire !
Dieu étais là, confident, hôte de ton cœur,
Ta route, chemin sûr pour chanter Sa gloire.

Sans toi, ce Centre n'existerait pas,
Un Centre de formation, rêve d'avenir ;
L'Afrique grande, mystérieuse, était là :
Dieu nous conduit, il faut vite construire !

Il s'agit d'un rêve pour l'Afrique mariste
Un rêve qui dépasse toutes les peurs.
Crainte de quelques-uns, mais tu insistes!
Audace et espérance voilà nos valeurs !

Que te dirions-nous, Charles ? Simplement,
Merci ; merci dans la joie de nos fêtes,
Dans l'allégresse et la danse de nos chants !
Le Centre : tu en a été le grand prophète.

Teófilo,

Nairobi 14 Janvier 2014

2^{ème} anniversaire de la mort du Frère Charles Howard, Campbelltown, 10^{ème} Supérieur Général de 1985 à 1993.



In Memory of Brother Charles Howard

Charles ,a great man of vision,
With a brilliant sense of history!
Yet in his heart, always experiencing
God's presence, His way and glory.

This Centre would not exist without you;
Everything about it is oriented to the future;
You drew strength from within yourself,
Making a dream of hope, come true.

A special dream for Marist Africa,
Courageous, casting aside all fear.
Your secret: taking calculated risks,
A bold approach never seen before!

What can we say, Charles?
Thank you, you have blessed us incredibly!
Our hearts are singing, overflowing with joy:
You composed this melody; this Centre is your hymn.

Teófilo,

Nairobi, January 14, 2014

A tribute to Brother Charles Howard, 10th Superior General (1985 to 1993), on the 2nd Anniversary of his death at Campbelltown, NSW, Australia.

**POEMS IN MEMORY OF
BR. CHARLES HOWARD,
FORMER SUPERIOR
GENERAL REPRESENTED IN THE FOUR
OFFICIAL LANGUAGES
OF THE MARIST INSTITUTE
BY BR. TEOFILO MINGA**

Memorial ao Irmão Charles Howard

Charles, homem de visão,
Com o sentido da história!
Mas sempre Deus no coração,
Seu caminho e sua glória.

Não foi sem ti, este Centro,
Todo voltado para o futuro;
A força vinha lá de dentro:
Dar vida a um sonho maduro.

Sonho para a África Marista,
Varrendo, ao longe, todos os medos.
Dizem: é audácia nunca vista!
A audácia conduz teus segredos.

Que dizer-te, Charles? Obrigado,
Porque nos deste tanto, tanto!
Nosso coração canta, extasiado:
O Centro é tua melodia, teu canto.

Teófilo,

Nairobi, 14 de Janeiro de 2014

2º Aniversário do falecimento do Irmão Charles Howard, em Campbelltown, 10º Superior Geral de 1985 a 1993.



Memorial al Hermano Charles Howard

Charles, un hombre de visión,
Con gran sentido de historia!
Dios, siempre en su corazón,
Era su camino y su gloria.

Sin tí no existiría este centro,
Todo hecho de cara al futuro;
Tu fuerza era fuego desde dentro:
Dando vida a un sueño maduro.

Sueño grande para África Marista
Echando fuera todos los miedos.
Algunos decían: audacia nunca vista!
La audacia animaba tus secretos.

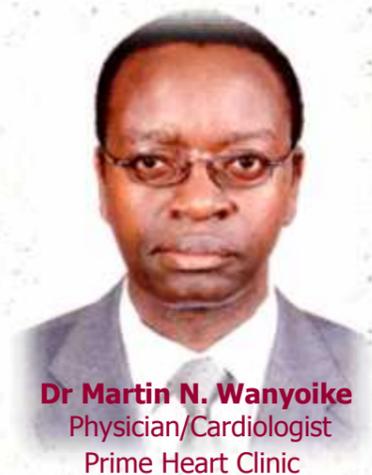
Qué decirte? Gracias, hermano amado
Porque tú nos has dado tanto, tanto!
Nuestro corazón canta, extasiado:
El Centro es tu melodía, tu canto.

Teófilo,

Nairobi, 14 de enero de 2014

En el segundo aniversario de la muerte del Hermano Charles Howard, en Campbelltown, 10º Superior General desde 1985 hasta 1993.

Health Talk at MIC By Br. Dr. Cyprian Gandebo



Dr Martin N. Wanyoike
Physician/Cardiologist
Prime Heart Clinic

The MIC Health Commission has a membership of eight Brothers (two animators and six Brothers in Initial Formation). The six Brothers come from each of the six Fraternities in MIC. There are nine other Brothers in initial formation who form what is known as the group of sympathizers in the Commission.

The main goal of the MIC Health Commission is to ensure that the health needs of the Brothers in MIC and visitors to MIC are catered for. Thus, it ensures a healthy mind and a sound body of each Brother in such a way that the spiritual, apostolic, and academic formation of the Brothers are catered for.

Apart from the advice the commission gives to Brothers on their health needs and facilitating for them to see medical practitioners, it is also the responsibility of the commission to organize health talks in order to orient or create awareness among the Brothers on the need to be stewards of their own health.

Many health talks and basic tests have been carried out in conjunction with Karen Hospital and MCare. More recently we have had the opportunity to have Dr. Martin Wanyoike, a Cardiologist from Nairobi hospital. He trained under the distinguished Dr. Gikonyo (Cardiologist) of Karen hospital.

What was the genesis of the health talk? In recent times, there has been so much cry and hew about cardiovascular conditions like heart failures, heart attacks, high blood pressures, cancers, diabetes and so many other diseases. In countries like Ghana, Kenya and South Africa, reports showed that there were many cases of cardiovascular diseases. Many

of these diseases or conditions were likened to be lifestyle diseases. In this regard, the Health Commission thought it wise to create awareness among the Brothers so that we could do something for ourselves before the worst happens. This is in line with the adage that 'prevention is better than cure'.

The straw that broke the Carmel's back was that many of the Brothers here at MIC were diagnosed with very serious high blood pressures (BPs). Some of these were so high that the worst could suddenly happen.

During the health talk, Dr. Wanyoike took us through many causes of hypertension or blood pressures and how to minimize its occurrence. Before that, he defined blood pressure as the measurement of the pressure or the force of blood pushing against blood vessel walls. He opined that the heart normally pumps blood into the arteries (blood vessels), which carry the blood throughout the body. As a result, high blood pressure, or hypertension, occurs when the pressure in the arteries is well above the normal range of 120 over 90 mmHg.

Dr. Wanyoike also noted that the people who are more likely to have hypertension or high blood pressure are those who have family members with high blood pressures; people who are over 35 years of age; people who are over-weight; people who do not do exercises or who are inactive; people who drink a lot of alcohol; people who eat a lot of fatty foods or foods with too much salt; and people who smoke.

The risks and consequences of high blood pressure include, but not exclusive of, the following: Stroke, Enlarged Heart, Heart Failure, Heart Attack, Kidney Disease or Kidney Failure, among others.

To minimize or reduce the risks of high blood pressures, Dr. Wanyoike advised the Brothers to eat healthy foods that are low in fats and salts, to maintain an ideal body weight, to limit the consumption of alcohol, be physically active or exercise daily, quit smoking, to control our angers and stress, and to have our blood pressures checked on a daily basis.

We are grateful to our Superiors for the financial support that enables us to access such facilities. The MIC Health Commission also appreciates the efforts and role of the members of MIC especially in responding to such issues as and when we call for their participation.

In carrying out this noble responsibility, we however, face few challenges. Due to the lack of or insufficient funds we are unable to access full medical reviews as required. There is also high cost of sourcing medical examination, including the purchase of medicines. Other challenges include: lack of exercise on the part of Brothers, size of the Community, etc.

KARIBU (WELCOME) BACK BROTHERS!



Above: Brothers Mbiatem Eyong and Divine Sebe'ey at St. Albert Comprehensive College Bafut- during Christmas Party in Cameroon.

MIC Community rejoices in having you back as you continue with your Academic and Formation Programmes. Be at home and share with the MIC Community all the goodies you have acquired from Bafut.

PRAYER OF THE FAITHFUL

By Br. Peter Zulu



MIC Newsletter Team



L-R above: Brs. Veye, Daniel, Moses, Quintas, Ignatius, Bwanali, Dominic
L-R below: Brs. Augustin, Atibo, Daka, Patrick.

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