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NEWS BULLETIN



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FEAST OF THE ASSUMPTION OF MARY INTO HEAVEN (15th August, 2019)



Once again, we are at the verge of celebrating ‘**The Solemnity of the Assumption of Mary into Heaven**’. After considering various aspects of Mary, I invite you, this year to reflect on the theme – “**Mary, a woman of communion**”. Mary’s existence in the home of Joseph and in her relationship with the neighbours depict her as a woman and model of communion. She is, indeed, a ‘perfect icon of communion’.

Mary teaches us what it means to commune and how to live community life. This theme goes well with the topics of our retreats both at Yaoundé and at Divo. During the retreats, emphasis was made on our lives as consecrated people called to witness to and to evangelize children and young people. We were reminded that we are people of communion before mission. Our first mission is to be **BROTHERS** to each other in community. The apostolate of religious persons “*consists primarily in the witness of their consecrated life* (C. 673). Pope John Paul II reiterates, “What counts most is not what Religious do, but what they are as persons consecrated to the Lord”. Therefore, what is of essence is the communion that exists among Brothers. And the communion of which we talk about is rooted in the religious consecration itself.

The Mission is very important in our life as Religious Brothers but we are Brothers before the Mission. Mission is the fruit of authentic communion. Indeed, communion is an indispensable condition for mission (Pope John

Paul II). Communion, Mission and Spirituality are intimately connected and cannot be separated. They are so mutually interdependent on each other that communion represents the source and fruit of mission. In other words, ‘communion gives rise to mission and mission is accomplished in communion’. This is expressed in one of our Marist documents entitled, (*Gathered Around the Same Table - No. 34*), “spirituality lives in and for the mission; mission generates and encourages shared life and shared life is the source of spirituality and mission.” So, communion is an indispensable element in the life of all consecrated religious life (C. 607 No 2).

Our life as consecrated religious persons should not be counterproductive. Rather, it should be life giving. Pope Francis requires Religious men and women to be people of joy and light of the gospel. Likewise, the gospels remind us that, “salt is a good thing, but if salt has become insipid, how can you make it salty again? Have salt in yourselves and be at peace with one another” (*Mk 9: 50*). And Matthew (*5:13*) tells us, “you are salt for the earth. But if salt loses its taste, what can make it salty again? It is good for nothing and can only be thrown out to be trampled under people’s feet”. We are called to be salt for others and not cause scandals.

So as we celebrate the feast of Mary ‘Our Lady Assumed into Heaven’, an icon of communion, let us ask her to teach us to be people of communion so that we can be true witnesses to the children and young people to whom we are called to evangelize.

Have a fruitful celebration and

Happy Feast to you all!

Br Cyprian Gandeabo
(District Superior)

Regionalization of Marist Africa

The whole process of 'regionalization' in the Marist Brothers Institute started sometime in 1993 during the 19th General Chapter. It was seen as a priority for the Institute. Hence, the Chapter recommended the Superior General and his Council to support and encourage it in the spirit of solidarity that was expressed in the Chapter. This was to lead to a process of 'regionalization'.

What is 'regionalization'? Regionalization is the process by which administrative units of the Institute are grouped to facilitate co-operation and collaboration as appropriate. It is a flexible process, adaptable according to need. The objective is not to establish new administrative units in the Institute, rather to strengthen bonds of solidarity, to be more creative, more compassionate, and generous in solidarity. Co-operation and collaboration is needed with regards to the optimal use of economic resources, personnel, and specific skills, in vocations ministry, administration, leadership, finance, and mission.

The overall objective of regionalization is to help us articulate the process of sharing and caring which has already started within the Institute, with a view to realizing the notion of international brotherhood throughout the Marist Brothers Institute, which incidentally is in line with the spirit of the Chapter.

The fundamental objectives outlined by the chapter included the following:

- a) *To serve more effectively the common needs of the Institute.*
- b) *To use our resources more effectively - Brothers and finance.*
- c) *To realize our call to be an international Institute.*
- d) *To read the signs of the times: the need to move beyond national boundaries.*
- e) *To enrich the Institute through dialogue between different cultures.*

f) *To promote the call to Solidarity coming from the Chapter.*

g) *To inculcate the Marist charism in the world.*

The following tactics were thus proposed to help achieve the above objectives:

1. *Regional Conferences of Provincials*
2. *Inter-provincial Formation*
3. *Regional Meetings of Province Bursars*
4. *Inter-provincial courses.*
5. *Inter-provincial retreats.*

The Conference of Superiors of the African Continent took the regionalization seriously in the cooperation and collaboration among themselves. Since 1993, the Conference of Superiors of the African Continent (CSAC), meets twice yearly to deliberate on matters that affect the region and more important to deal with issues concerning their common post-novitiate (Marist International Centre). With the help of our two link councilors to Africa and Madagascar, Ken Macdonald and Oscar Martins, we are trying to revamp and to restructure CSAC and provide more room for cooperation and collaboration within the region.

From 2020, more conferences, courses and retreats will be organized within the region and to provide awareness to Brothers and lay Marists of the process of regionalization. The first of these activities will be workshop for community leaders which will take place in Rwanda starting from the 6th to the 31st of January, 2020. The topics identified for discussion include; *deepening the conversation of the process of regionalization, safeguarding of children and vulnerable adults, the pastoral care of young Brothers and perseverance rate of Brothers.* We will also continue the reflection on how best to form our Brothers in initial formation at the Marist International Centre and also at the Marist International University College.

Br Cyprian Gandebo

MARIST DISTRICT OF WEST AFRICA

(Tchad, Cameroon, Ghana, Côte d'ivoire, Libera)

Looking at the Future of Marist Africa and a renewed Conference of Superiors of the African Continent (CSAC)



Since the last two CSAC meetings, we have been reflecting on how to give a new face to CSAC and the future of Marist Africa. From these initial reflections, a renewed structure evolved. In addition, four main categories or priorities were identified which will further help the process of regionalization. The four areas are; *mission, sustainability, formation and community life*. An objective was also crafted for each priority. The link provincial was then to develop the means to achieving these objectives.

In the next meetings, discussions will focus on regionalization, child protection, pastoral care of young brothers and how to deal with perseverance of the brothers.



How enriching it is when we volunteer time and energy to show care and love!

CONGRATULATIONS TO BR HARRY NYANTI



The Superior General and his Council has approved application for final vows of Br Harry Nyanti. According to the Marist Brothers Constitutions, final profession is usually preceded by a thirty-day Ignatian retreat. Therefore, Br Harry Nyanti will proceed to the Jesuit Retreat Centre sited at Brafoyaw, Cape Coast, for his retreat from 20th August to 20th September 2019. He will then continue at the Institute for Continuing Formation (ICF), Elmina, for the three months of preparation for final vows scheduled from 23rd September to 16th December, 2019 (FG 319 & C 105.2). The final profession ceremony is due for the 21st December, 2019 in Monrovia. Once again, Br Harry, congratulations and may God bless your bold and daring move.

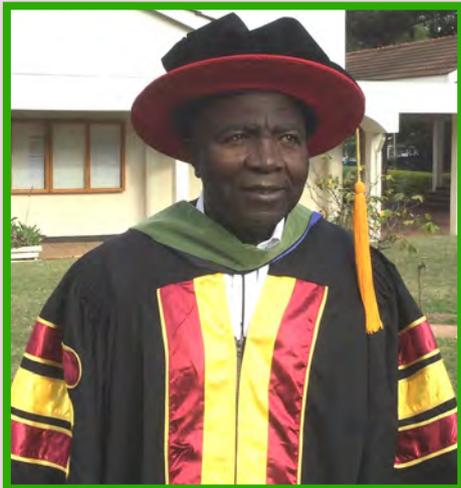
Perpetual profession is the process by which a religious commits himself to live in total surrender of his whole being to God according to the way of life indicated in the constitutions.



MENTORING FOR SPIRITUAL GROWTH

Just as 'it takes a whole village' to properly educate a child, so too it takes the whole formation team to support a young brother in initial formation to make the increasingly challenging journey into 'adulthood' in religious life.

CONGRATULATIONS TO BR FRANCIS VERYE



Congratulations to our Brother, Francis Veye who has successfully completed a **Doctor of Philosophy (PhD)** degree in Educational Administration and Management. He did his studies in Atlantic International University, in Hawaii – United States of America.

While in full time engagement at MIUC, Brother Francis also followed and completed courses in **Retreat Direction, Spiritual Direction and in Discernment** at the Jesuit School of Theology, which is situated in Nairobi.

Despite his many responsibilities at MIUC: The Examinations Officer, Estate Officer, Coordinator of Cafeteria, deputy Principal (Academics) and Acting Principal he was able to successfully complete his doctorate degree in good time.

In addition to all his engagements at MIUC he has also pioneered a micro-farm project where he initiated crop production, animal husbandry and the famous Charles Howard Gardens. Apart from all the works at MIUC, Br Francis was also an ardent accompanitor of many Brothers in initial formation as well as a Counsellor to many students at MIUC.

Thank you, Br Francis, for your initiatives and creativity to make MIUC sustainable. We are very grateful and we pray that God will grant you good health and the energy you need to continue to contribute to Marist Africa and Marist District of West Africa, in particular.

Second Stage of Marist Post-Novitiate Formation

For this second stage of the post-novitiate, the Brother Provincial or District Superior should choose “**a suitable community**” (C 105). This means that the criterion for the choice is not primarily to give the young Brother a job, but to find a community, which can **continue the formation** of the previous stage “in a systematic and balanced way” (C 103).

This **suitable community** can be described as follows:

- * It is a community involved in a Marist work or mission.
- * It is made up of Brothers who are **trying to live** a real Marist plan for community living.
- * This plan takes in to account the **presence of one or several Brothers in temporary vows who are still in initial formation**. That fact requires the community **not to overburden** these Brothers.
- * Even if “a Brother who is not the local superior” accompanies the young professed Brother, **all the Brothers of the community must “also feel responsible for his formation”** (C 105.1).

Before perpetual profession (C 103.1)

316. During his final year of temporary profession, the young Brother is admitted to perpetual profession by the superiors of the Institute who have acknowledged **his capacity** for “vowing his entire life to God in an apostolic Marist community” (C 95).

317. He will **prepare** for this important decision by making a **serious evaluation**. At that moment, **his Marist life should have reached a level of identification* and unification*** which will permit him to commit himself **realistically and definitively**.

318. To give him time to reach that goal, the period of temporary profession **normally lasts six years**.

SUSTAINABILITY PROJECT BY BR DR FRANCIS VERYE

The Farm project was initiated in order to support the University Income Generating Unit at Marist International University College, (MIUC), by supplying vegetables, food produce, fruits, milk, meat and eggs to the Cafeteria and beyond. However, having no initial capital set aside for these activities there was need to work it out in small manageable phases.

In the initial phase, the project was started with small resources (amount of money) from my merger pocket allowance as well as resources *from friends and well wishers*. Farming started in earnest but in small proportions. One of the Religious communities was generous enough to give plenty of organic manure which went along way in enriching our soils. The main idea was to grow as healthy plants as possible in order to serve the ever increasing population.

After three months of tending to the plants, monitoring and evaluation, the farm produced substantial vegetables, beans and maize which were then supplied to the cafeteria. This initial harvest was very encouraging and gave us more

impetus to increase acreage of land under farming.

We have seriously ventured into Pig farming, which stands out to be lucrative, at the same time expensive to maintain as they breed fast and their feeding versatility. At the moment, we have a farm of sixty pigs, in less than a year. Therefore, farm management requires proper managerial and leadership skills, involving proper communication, risk management and close supervision without which a lot of things can go wrong.

In summary, this project has proved to be very ideal as a facility for knowledge creation and sharing for both staff and students. The project has also created employment. It is heartening to see that some of the students are emulating what is going on, on the farm by replicating the ideas at in their own homes or farms. The school community and the neighbours are the biggest beneficiaries as well. Therefore, the need to sustain the project is paramount. By and large, the project can be described as lucrative and has gone a long way in making savings for the university.



COLONIE DE VACANCES 2019 –Bouaké

From the 1st to the 12th of July 2019, a group of 8 volunteers from Spain led by Br Javier Salazar, director of SED participated in the annual colonie de Vacances organized in collaboration with the Marist Mission in Bouaké, Cote d’Ivoire and sponsored by SED. The event was attended by 200 children aged 5 to 14.

Daily activities included games, drawing, painting, watching educational videos as well as sensitization on the environment. Participants were encouraged to be environmental friendly by recycling and reducing wastes on the earth. They were also challenged to reduce poverty in the

world by always sharing and being sensitive to the needs of others. The two weeks long activity ended on July 12th and each participant received a small gift. Indeed, all the children were happy and did not want the activities to end.

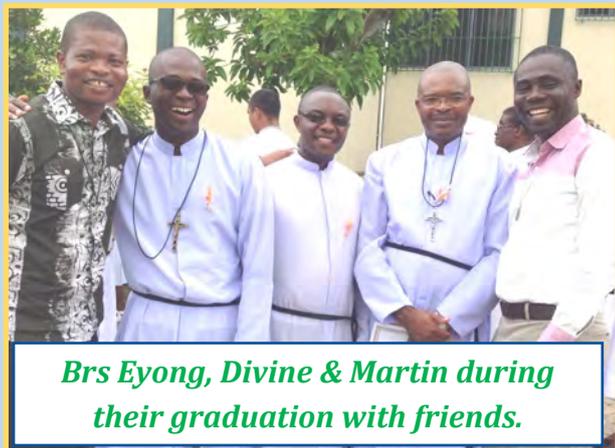
We thank SED for making it possible for this activity to happen every year. We also thank the Marist Mission in Bouaké for always including this activity in their yearly program and the Brothers and teachers for their availability. Finally, special thanks to the volunteers who came from Spain this year and gave of their time. May they richly be blessed.



Br Cho Nchang



Successful completion of the nine months' formation of Formators program at ICF- Elmina



Brs Eyong, Divine & Martin during their graduation with friends.

Brothers Martin Mbeng, Devine Sebe-ey and Mbiatem Yves with fifteen other Religious men and women from twelve different religious Institutes participated in the **Formation of Formators Program** at the Institute for Continuing Formation (ICF) –Elmina (Ghana). The nine-month program which commenced on the 9th of October 2018, ended on the 25th of June 2019 with the commissioning and awards of Certificates to participants. The closing ceremony Mass was attended by some members of the board of the Conference of Major Superiors in Ghana, friends of ICF and family members of some participants equally graced the ceremony with their luscious presence.

The program was a rich cultural and congregational blend of participants from six different nationalities. The centre is animated by the Director; Br. Nee Wayoe CSC, a man of fine sensibilities and generous impulses; with a keen sense of humour together with Sr. Brigid Andoh SSL; a mother with an exceptional welcoming and caring heart. Besides, the centre is blessed with the support of seasoned and well knowledge facilitators from all over Ghana, including two Bishops (Bishop Vincent Boi-nai and Bishop Kumordji Gabriel). Conjointly, the program had as objective to first and foremost help individual participants to come

to full knowledge of oneself as well as internal healing where need may be in order to be able to help, work, journey or accompany others; with acquiring the right material and skills needed to facilitate the formation ministry.



Religious men and women from different institutes at ICF.

It is worth noting that ICF is the initiative of the Conference of Major Superiors of Ghana and was created in 1992 as an international formation centre dedicated to the ongoing formation and sabbatical renewal for Consecrated Persons as well as Diocesan Priests. Moreover, ICF is also committed to preparing men and women for the formation ministry in the church. Thus, it offers a comprehensive, spiritual, liturgical, collaborative, intellectual and experiential haven for growth.



Consecrated Life is beautiful, it is one of the most precious treasures of the church, rooted in the baptismal vocation
(Pope Francis)

Br Mbiatem Yves

ECHOES FROM THE ANGLOPHONE CRISES—CAMEROON

Since November 2018, all the educational establishments run by the Marist Brothers in the Cameroon's English Speaking Regions have seen their doors shut. Prior to the onset of the crises in 2016 Marist Brothers in the English speaking regions of Cameroon had about 2200 students.

Early in March 2018 one of the Marist run diocesan schools witnessed the burning down of one of the facility serving as the girls' dormitory. Though the cause of this fire which gutted the girl's dormitory was not officially established speculations were rife that it was totally not unrelated to the ongoing torching of schools which had seen several schools both public and private burnt down.



Girls dormitory burnt down in Mbengwi

Many schools have witnessed the kidnapping of staff members or students or both. Because of these growing threats around schools in the rural areas, Marist run schools in the entire Anglophone regions were compelled to shut their doors. Equally all students who were previously in Marist run schools are either at home or have moved to other schools either in the lone regional headquarters where a few schools are operating below their capacity or to other towns in the French speaking zones of Cameroon.

The crisis which have bedeviled not only the school system in Anglophone Cameroon but the entire Anglophone regions began with a strike called by teachers and lawyers over labour matters relating to erosion of the culture of English educational sub system and common law legal system. This peaceful strike by lawyers of the common law system and teachers of the English educational sub system turned bloody when security officers fired at peaceful unarmed

protesters in December 2016 which resulted in the shooting of several protesters resulting in the death of at least one protester.

Government attempts for a peaceful solution to the grievances raised by lawyers and teachers ended in a stalemate. By the end of December 2016 it was clear that what had begun as a teachers and lawyers strike had attracted more sympathizers and spiral out of their control. Attempts to reopen the schools in September 2017 were timid as parents by and large respected the calls for school boycott by the separatists.

On the 11th of February 2017 the first calls for a separate state for the Anglophones became loud. What had begun as a call for federation burgeoned to calls for complete separation and restoration of independence. In late November 2017 the seminal stages of the armed conflict started. By October 2018 a good portion of the English speaking Cameroon was under the control of the separatist forces popularly known as "Amba boys". Separatist forces have traded accusation with the government over who is responsible for the kidnappings and burning down of schools and other facilities.

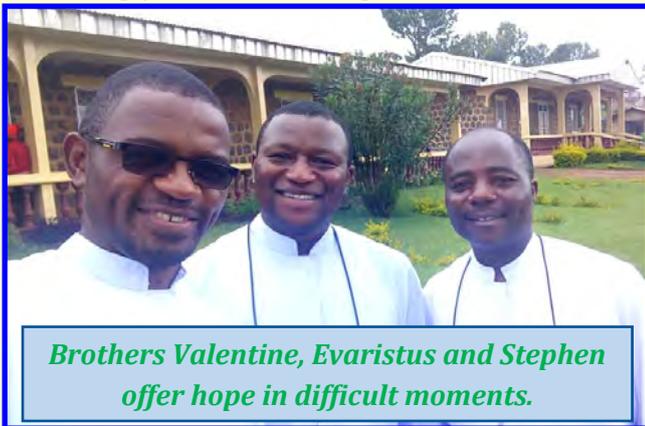
In 1884 Cameroon became a German colony. In 1916 following the defeat of Germany in Cameroon, the milner-Simon agreement partitioned Cameroon between Britain and France as mandated territories under the league of Nations. In 1961 the British Southern Cameroon's voted in a plebiscite to join French Cameroon as equal partners. In 1972 a new constitution abolished the federal structure of Cameroon and introduced a unitary centralized form of government.

Cameroon's current problems stemmed from the abolition of the Federal form of state which saw the erosion of the educational and legal systems which British Southern Cameroon had brought into the union. Years of marginalization have seen the English speaking Cameroon population pushed to the margins of state affairs. Consequently, they have come to feel marginalized as second class citizens in their own country.

Peter Awoh (fms)

Facing the Storm of the Sociopolitical crisis in Tatum—Cameroon

The Crisis in the two English speaking regions of Cameroon have taught me a lesson in consecrated life that postulancy, novitiate and scholasticate left unaccomplished. For a majority of us, our life as Marists within the school setting tends to focus on accomplishing set tasks, meeting deadlines, fulfilling promises and at the end of it receiving a pat in the back for our loyalty, sense of organization and regularity and achievements. The academic year comes and goes with students happily moving from one class or one level of education to the next. Caught in the confusion of the unknown and the unpredictable, only experience can teach you the lesson of what it really means to be a Brother. One starts questioning what else truly characterizes us as Marists of Champagnat, faced with the unpredictable and the scary, not only for a moment but for a couple of years as we go from day to day with uncertainty. This is exactly what Tatum Community has been going through with the end of it seemingly still far from sight.



Brothers Valentine, Evaristus and Stephen offer hope in difficult moments.

One of my favorite maxims drawn from the wisdom of Aristotle can be a true source of inspiration, helping one to understand at a deeper and practical level another thrust of Religious consecration. It is not clear what Aristotle went through to conclude that *“It is during the darkest moments that we must focus to see the light”*. However, it smacks of the similitude of getting caught in the bedlam of a society rid of all sanity and yet living in the hope that *we can do all things through Christ who strengthens us*. (Phil 4:13). As we go through societal and sometimes individual moments of crisis, we are compelled to re-examine the initial spark of our vocation and in so

doing, we re-answer the call to embrace Jesus on the cross through whole hearted service to those affected.

The Brothers in Tatum Community had to redefine and reorient their apostolate and sense of brotherhood to embrace more and more poor young people caught in the violence, deprived of schooling and compelled to stay idle unlike their well to do friends fleeing to safer regions of the country. By occupying them with skills, development programs focused on fluent reading, basic study skills, public speaking and recreational games. Some of the young people had their eyes opened to hidden talents they can explore when the situation eventually comes back to normal. Besides these programs in moments of relative calm, the community became a makeshift refugee center, welcoming and sheltering fleeing neighbors each time they were forced out of their homes by raging gun battles between the warring factions. Brothers have equally got fully involved in the Pastoral life of the Christian Community, offering spiritual and moral guidance where needed and collaborating to distribute material assistance to the displaced and homeless.



As the crisis continues, we, as Brothers have a renewed opportunity to continue questioning our sense of consecration as Marists and our service to young people and all those in need when surprised by unusual circumstances out of the mainstream of our traditional school focused apostolate. By the end of the crisis, we have got to think and address the plight of teenage mothers and adolescents currently initiated into drugs and gun violence as well as those orphaned or traumatized by the crisis in various ways.

Br Stephen Kpansa

Marist Brothers in Tatum responding to the crisis.

The Marist Brothers in Tatum, Cameroon organized a Skills Development Program for the Youths with the following objectives;

1-To provide a safe environment for them where they could productively channel their energy and shown from ills in the midst of these crisis;

Rationale: the environment is no longer safe for them.

2-To Bridge the gap of learning in study and reading skills.

Rationale: no schools for these years as a result of the crises.



The program was organized into three phases;

Phase one

- Sound/Word Building and Vocabulary.
- Study and Reading skills.
- Skills on Public speaking / Presentations.
- Conference Discussions.
- Spelling Bee / Brain Box.
- Social interactive Sessions /Games / Sports.

Phase Two

- ◆ *Etiquette*
- ◆ *Character Formation*
- ◆ *Motivational Talks.*
- ◆ *Modesty and Fashion.*
- ◆ *Reading in Church.*
- ◆ *Discipline/Good Manners*
- ◆ *Presentations*



By Br Evaristus Mbidzenyuy

Phase Three

- * Mathematical /Problem solving skills
- * Basic Business/Accounting Skills
- * Environmental Education / Protection
- * Peace Building / Conflict resolution skills
- * Young people before, during and after crisis / practical experience



Facing the reality of the crisis in Cameroon - Bafut Community

The negative effects of the crisis in Cameroon are abounding: many people have died, some are internally displaced; many more are refugees, villages have been destroyed and many schools have been closed for the last two years. For the Marist Brothers in Cameroon this is a serious challenge: Our apostolates have been greatly affected. This is the challenge in front of which we cannot remain indifferent. We have been reflecting and finding different ways of responding and we need to continue this process. We believe that we cannot afford to be idle and irrelevant simply because our schools are not operating.

During the solidarity visit of the District Superior to the Brothers of Cameroon, we reflected and discussed our thoughts with him. We shared with him our fear that at the end of the crisis our students will be deeply scared in many ways and in varying degrees by the crisis. We requested that the District should give some brothers professional training so that they in turn will help our teachers to work constructively with such students when schools resume. We are grateful that this has been given the attention it deserves.

When Saint Albert's Comprehensive College, Bafut could no longer operate, the Bafut Community had to figure out how to continue being relevant without a school. Faced with the ugly situation we opted to engaging in manual work aimed mainly at keeping the biggest Marist investment in the country intact. The brothers of the Bafut community have embraced this work with a positive attitude. We continually remind ourselves of work as something intrinsically good; *we are co-creators of God's world and work is part of our contribution in making the earth a beautiful home.*

One of the community members reminded the rest of us about the social teachings of the church regarding work: *"Only man is capable of work, and only man works, at the same time by work occupying his existence on earth. Thus work bears a particular mark of man and of humanity, the mark of a person operating within a community of persons. And this mark decides its interior characteristics; in a sense it constitutes its very nature"*. (Pope Leo XIII Rerum Novarum)



Brothers planting carpet grass in Bafut.

As we wait in hope for the new academic year 2019/2020, we look up to God to soften the hearts and minds of the warring factions to feel the cry of the poor parents and children for peace and effective school resumption in the two regions of English Expression in Cameroon.



Brothers reap the harvest of their labour

Br Tansam Elvis

Annual Retreats of the Marist District of West Africa.



Marist Brothers of Cameroon and Tchad

The Annual Retreat for the Marist Brothers working in Cameroon and Chad took place at the National Episcopal Conference Centre in Mvoylé, Yaoundé from the 21st to the 28th of July 2019 having as theme *‘attaining happiness through focusing on my vocation’*. Fr. Mbuh Zephrinus Yem animated the retreat and exhorted the brothers to listen to themselves and most especially to God during this moment of prayer and reflection.

The retreat was based chronologically on the following themes, day one was devoted to consecrated life. The second day was devoted reflection on the integrity of St Joseph, the third day touched on how gratitude can change your life, the fourth day dwelt on the return of the prodigal son, and the fifth day was devoted to the sacrament of reconciliation. The sixth day of the retreat was taken up by the District superior’s presentation. He addressed certain issues about the District such as; the presentation of the strategic plan of the district in line with becoming a province in 2021, offered a few words of advice and finally the appointments and transfers for 2019/2010 canonical year were read out.

The evening of the last day of the retreat was set aside for an extended family meal and social evening. It was also a farewell occasion for the brothers traveling to Lebanon for studies and out of the country for various missions. The retreat ended on the 28th of July 2019 with the departure of the brothers to their various communities.

Spirituality Lives in & for the Mission;
Mission Generates & Encourages Shared Life;
Shared Life is the Source of Spirituality & Mission (GAST, 34)

By Br Pter Awoh



Brothers working in Cote d'Ivoire, Liberia & Ghana

The Marist Brothers working in Ghana, Liberia and Côte D’Ivoire gathered in Divo - Côte d’Ivoire from the 28th July to the 4th August 2019 for their annual retreat. The retreat, facilitated by Br. Oscar Martins, was principally aligned on various means of *building up community life and our vocation as Brothers*. He did so by drawing inspiration from the five calls from the message of the 22nd General Chapter.

Three Brothers, Joseph Asante, Aristide Yao and Paulin Tuo, renewed their annual vows and re-committed themselves to the mission of ‘making Jesus known and loved’ among marginalised children and young people.



Brs Paulin, Asante & Arisitde renew their vows

During the same retreat at Divo Brothers Joseph Asante and Aristide Yao declared their good intentions to make final vows in the coming year. They therefore, requests the Brothers to pray for them for good discernment in this process.

The retreat ended with Holy Mass on the 3rd of August and the Brothers all departed to their communities the next day with renewed commitments for a better Marist District of West Africa.

Community Life, Spirituality And Mission Are Inseparable.

By Br Tameh Conrad

MARIST INTERNATIONAL CENTER – A PLACE TO BE.

**Brother NDI
DERICK NGONG
has finished his
formation in
MIC. He sent
the following
report on his
stay in Kenya.**



In my memories, four years seems to have been very fast and really quick. Our arrival to Nairobi, Kenya for the first time from Cameroon was a challenging experience. We had no idea that our visas were not ready and so we risked deportation. Been kept in solitary confinement at the Jomo Kenyatta International Airport for over three hours, we kept wondering what will become of us. Luckily, I had the phone number of the then MIC Superior Brother Ndawala Lawrence but unfortunately we had no means to reach him because our phones had no Kenyan SIM Cards. However, as complicated as it seemed we believed in God's miracle and I moved to ask one of the airport workers to assist us with his phone so that we contact our superior. This man assisted us without much questioning and that is how we got saved from the drama of immediate deportation. As interesting as the short drama on our arrival would seem, I gathered from the airport that there was a national language in Kenya called Swahili and anyone who never spoke this language would easily be identified as a foreigner and almost certainly as a Nigerian.

While at mic the programs have been very enriching, from the Bachelor course, the Diploma course, the so many workshops from first to third year during the December holidays all contributed in instilling a certain confidence in me which has kept me going. Some of the remarkable moments at MIC include: the fraternity tournaments, the creation of fraternity gardens, the Marist solidarity yearly walk to support the needy, the monthly community cleaning, the so many celebrations at

MIC, my fraternity animators and their unique personalities. All of these programs had their challenges and blessings which when I look back, I smile and feel that having experienced all these, makes me to be ready to share with my community and youths in any part of our Marist District-world.



Br Derick & Asante during graduation

The very last and precious experience was the Teaching Practice out of MIC. Here, grouped in five, we formed a community while doing our apostolate in three different schools. As the Superior of the community I suggested to my Brothers that we can spend a little time once in a while to share our experiences from our places of Apostolate. The encounter with the students and staff was a remarkable success, we lived by our convictions and our calling, we saw the strength of a community that prays, reasons and agrees together. The feelings expressed by the MIC community at the end of our stay in these small communities speaks so much for itself.

It is rather unfortunate that we came five from the District in 2015 and I am returning alone this year. This does not say I am the perfect one but most probably that God wanted me to come back even with my imperfections.



Br Derick on teaching practice.

My Experience in the land of Cedars – Lebanon

Br Ngardoum Succes and I share our lives in the community of Jbeil, Lebanon with Brothers who have retired from active apostolate and have now embraced the mission of *being* a sign to the values of the kingdom at the very heart of the College. Our community is a nurturing community where the elders are inspired by the words of St Paul; “*as long as this day lasts, keep on encouraging one another.*”



Brs Simon, Erick, Anthony and Succés on a visit to France

The professional development of the Brothers in Lebanon takes place in two catholic universities – Notre Dame University at Louaize and USEK at Jounieh. The saying that education is half the environment means everything in these two universities. The architecture, lighting, decoration, safety, location, lecturers and support staff, cutting-edge technology, internet services all create a highly productive system where students’ power of creativity is stifled, knowledge reflected upon and artifacts produced. I believe that the greatest challenge when reading for Masters is about intensive reflection on the knowledge that we are receiving. The fact that I had some professional experience before going for the Graduate program has also been helpful. The courses that I have offered so far have given me the opportunity to seriously reflect on my roles in Marist schools as a School head and a teacher. It has been a very challenging experience to gain some insight into past practices in the light of new management and educational theories.

Although full time students, We participate active-

ly in pastoral activities like Groupe de Vie Chretien (GVX), Lay Marists and having days of recollection with the staff. Averagely, we spend about seven hours per week; welcoming students to school in the morning and staying with them during breaks. When possible, we also join students for co-curricular activities like excursions and sports competitions. In all these, we pass across the message that educating a child transcends literacy acquired in the classroom.

Way beyond studying in the university, a number of things have left very strong impressions on me. To begin with, the professional commitment and responsibility of lay people in running Marist schools is remarkable! Our elders say that *when the nanny goat chews the cord, the young ones watch its mouth.* After a century of Marist endeavour in Lebanon, the lay people have taken over the running of Marist Schools.



Br Simon and his students.

By and large, my impressions about ongoing formation in Lebanon are quite positive. The challenges that I have gone through do not in any way undermine the growth and development I have experienced over the last year. I firmly believe that the mission here has been about learning to live (*Community*), learning to do (*Apostolate*), learning to know (*University*) and finally learning to be. And through all these, I pray that God’s finger of creation would keep on molding me into the Brother that He needs me to be – a cedar?

Br Simon Kanjam

Tips from a 'Missionary' - by Br Francis Attah in Cambodia

Brother Francis Attah has been in Cambodia for 12 years. He shares a few of his experiences here with us.



The idea of mission never crossed my mind but a couple of months before my final profession in 1987, I was asked to think about the possibility of working outside Ghana in the near future. Since then I have spent most of my time as a Marist outside my country and my original administrative unit. These twenty-two years of missionary experience have indeed exposed me to different people, places, languages and cultures, and these have immensely enriched and shaped me as a person and as the religious Brother that I am today.

- ◆ First and foremost, going on mission with the right intention and disposition is healthy for the individual and for the effectiveness of the mission at stake. I have come to realize that many people embark on mission with different intentions and motivations. Any plan which is not in congruence with the mission objective very often brings problems to the individual and to some extent adversely affects the mission itself.
- ◆ Secondly, mission presupposes that one has to move from a particular place to another for a purpose. In our case as Marist Brothers, both the explicit and the tacit objective of mission is evangelization, that is, sharing the love of God and the teaching of Jesus with others. It is therefore imperative to keep this fact in focus and allow it to be the guiding principle in the execution of every aspect of the mission.
- ◆ Another salient factor to bear in mind is the importance of recognizing, understanding and adapting to the culture of the mission place without negating or abandoning one's own cul-

ture or identity. The differences that individuals bring to fore in this regard is a wonderful gift for mission. In so doing, however, there is a need also to avoid any sort of domination by powerful or strong charactered individuals.

- ◆ International community living has been one of the distinctive hallmarks of my missionary experience. The challenges of community building, leadership, and dealing with personality clashes cannot be avoided. Openness to one another and dialogue are efficient antidotes for these challenges.



In conclusion, I recall what we learnt during our formation at the beginning of the Mission ad Genes Program in Asia, namely, that the Spirit of God is already present among the people; in other words, we were not being sent to people who were ignorant of God. Claude Marie Barbour speaks of this as "Mission in Reverse," a way of doing mission that recognizes that the Spirit is already present before the arrival of the missionary. In view of this, the mission and missionaries should be open to being evangelized by those they intend to evangelize. Our basic stance must be one of openness, an attitude of respect and listening. It is a profound "letting go" that must come before "speaking out".



**Sister Shirley Klomeh School,
Graduates 104 Students in Monrovia.**



On Friday August 9, 2019, a Thanksgiving Eucharistic service was held at the Holy Martyrs Parish located in Barnersville for the 14th Graduating Class of the Sister Shirley Klomer Memorial Catholic, Monrovia. In his intriguing sermon, Fr. Kabbah cautioned students to be decisive in choosing their life long careers. He further advised them to emulate the good examples of people with humble beginnings if they want to excel to the top.

There were many activities that were carried out during the service; most unique amongst them was the certification of teachers and administrators for their enormous contributions in helping with the academic achievements of the graduates.

At the climax of the program Br. Daniel Taylor, principal of the the institution, extended a heart-felt thanks and appreciation to Fr. Kabbah, parents, teachers, administrators, visiting guests, as well as students for attending and making the day a success.

Br Daniel Taylor

Students and pupils of Centre Scolaire St Marcellin Champagnat—Bouaké record 100 percent in their end of year Examniations.

The first batch of the College Students (**14 in number**) of the Marist Mission in Bouaké recorded 100 percent in their B.E.P.C Examinations. This examination is taken after four years of studies and marks the end of the first cycle of Secondary school education. We congratulate the staff and students for this wonderful results.

Similarly, **82 pupils** of the primary section all made it in their final examinations. Once more

congratulations to the staff and Brothers for the good work they are doing.



Congratulations to our Students.

GRADUATION AT OUR GOOD MOTHER SCHOOL



Nurse II Pupils at their graduation.

On July 26th 2019, all roads led to Ashalaja. Our Good Mother School was celebrating two great events in one; the 4th graduation ceremony of the Kindergarten II pupils and the 5th anniversary of the presence of the school in Ashalaja. The theme of the celebration was “**Five years of Quality and Holistic Education**”. Parents, pupils and teachers were colourfully dressed to witness this important event and to congratulate their kids.

The guest speaker in her speech emphasized on the importance of having **educational institutions rooted on Christian and moral values and its impact on the local citizens**. The principal in his turn expressed his gratitude to the staff and parents and urged everyone collaborate with the school in its vision to provide quality and holistic education to young people and help them become good citizens. Many activities were in the program and the pupils entertained the audience with beautiful and colourful presentations.

Br Yao Aristide

HEALTH CORNER

A PSYCHO-SPIRITUAL PERSPECTIVE ON ALCOHOLISM

Though alcoholism refers to individuals who continuously take in stuffs having alcohol, drinking alcohol does not necessarily make



someone an alcoholic. Nevertheless, nobody or no one can be labelled an alcoholic if that person has not been obsessed by alcoholism or suffer

from alcohol use disorder.

Whether alcoholism is perceived from a spiritual, psychological or medical point of view, the individual involved has lost control of himself over alcohol intake and has become powerless when it comes to alcohol consumption. In psycho-medical parlance, this person is ill and definitely requires a psycho-pathological cure.

An alcoholic is any person suffering from alcoholism and is said to be in bondage or possessed. Such a person needs release from his/her bondage of illness. From the psychological point of view, an alcoholic needs treatment of a broken relationship in nature.

Even though there are some cultures that encourage alcoholism, they are not aware that alcoholism makes one lose his sense of control and, thus, responsibility.

Alcoholism, an emotional disorder, can destroy or even exterminate an individual person including his relationships.



An alcoholic, in a drunken state, appears insane and exhibits un-

coordinated and irrational behaviours. When this happens, you realize that the cognitive functioning of that person has been highjacked up to the point that the person is awkward. An individual in such a state cannot be said to be responsible for anything or whatever s/he thinks, says or does.

Br Cyprian Gandebo

HIGH BLOOD PRESSURE : THE SILENT KILLER

I always like to think of the human body's arteries and blood circulation as a private water distribu-



tion system, with the heart as the main pump, the brain as the master computer system and the kidneys as the

drainage system for excess water and debris.

As such, the pressure with which water moves around is very important, because it determines how efficiently water is sent to all parts of the house for all kinds of chores. Picture high blood pressure as excessively high pressure within the tubes. Bursting tubes, leakages, poor water supply. These tubes could break in the brain and cause what we call strokes, break in the eyes and cause difficulties with vision, and a lot more.

How do we fight this high pressure? In recent days' research has shown that hypertension is the deadliest non communicable disease, leading to **kidney failure, heart failure, and hemorrhagic cerebral stroke** which each have increasing levels of mortality.

The first step is prevention.

Detect that you are hypertensive. Normal blood pressure should span from **140/90 mm** of mercury and below. That is, the upper figure should be less than **140** and the lower less than **90**. This can be maintained through avoiding risk factors, such as **not exercising enough, being overweight and obese, consumption of alcohol and other stimulants, consumption of too much salt**. Good habits such as; **drinking enough water, regular exercise** can never be overemphasized.

If you are already hypertensive, then you will have to seek treatment. But how would you know if you do not have your BP measured? Know the pressure that exists in your pipes. See your doctor as soon as possible!!!

SAVE YOUR BROTHERS!

Dr Ndinkontar Raymond is a Medical Doctor and former student of the Marist Brothers.

RANDOM PHOTOS OF INTEREST



Brs Eyong & Tombir relax while pursuing an on-going formation course for two months in Rome.



Members of the 'Mission Commission' during a brainstorming session in Bouaké.



Brs Celestin, Bongeбен & Elvis safely arrived in Lebanon where they will pursue their studies.



Brs Succés, Eric, Anthony & Simon on a visit in Rome while on holidays.



Students of Our Good Mother School, Ashalaja during the end of year graduation party.



Brs Paulin & Benjamin on their way to Nairobi to continue with their formation.



Br Frédéric and MYM youths in Tchad.

DANGER !!!!!!!!!!!!!



Do not charge your phone and put it on your bed while sleeping. Phones are miniature computers, and all that power generates a lot of heat, especially when the battery is charging. Your phone gets rid of that heat with a fan to vent it away, but soft bedding can block the fan, trapping the heat and creating flammable conditions.. Beware!!!!

KINDLY PRAY FOR

- ⇒ For a peaceful solution to the ongoing conflict in the Anglophone region of Cameroon.
- ⇒ For the speedy and quick recovery of Br Doua Joachim as he continues his re-education.
- ⇒ For a succesful start of the new Academic year and for our communities.
- ⇒ For the peaceful repose of the soul of the father of Br Frédéric who passed away on the 24th of July 2019 in Koumra.

BIRTHDAYS

AUGUST

August 9 th	Tiburtius Kewaiy
August 15 th	Nkuah Samuel
August 16 th	Harry Nyanti
August 26 th	Kouassi Marius
August 28 th	Augustine Naatey
August 29 th	Tata Oliver Tunka

SEPTEMBER

September 4 th	Kfeban Divine
September 5 th	Paul Kwasi Adu
September 6 th	Tameh Conrad
September 17 th	Linus Ngam
September 18 th	Germain Bery Beda Stanislaus Nsotaka
September 21 st	Isaac Kwame Amponsa
September 26 th	Njong Basil Ngum
September 27 th	Vincent De Paul Kouassi Martin J. Sarobé

Superior's Calendar of Activities

August 7 th -26 th 2019	Accra
October 5 th 2019	Travel to Bouaké
October 7 th -12 th 2019	78 th DCM Bouaké
October 14 th -20 th 2019	Visit to Bouaké C'ty
October 21 st -27 th 2019	Visit to Korhogo C'ty
October 28 th -30 th 2019	Travel to Accra
Nov 4 th -10 th 2019	District House
Nov 11 th -17 th 2019	Visit to Ashalaja C'ty
Nov 18 th -24 th 2019	Visit to District House
Nov 25 th -30 th 2019	Visit to Postulancy
Dec 10 th -14 th 2019	Visit to Monrovia C'ty
Dec 15 th -20 th 2019	79 th DCM Monrovia
Dec 21 st 2019	Final Profession, Harry
Dec 23 rd 2019	Monrovia to Accra
Dec 27 th – Jan 3 rd 2019	Visit to North, Ghana

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