

# visitation



July 2014

## Visitation

On July 16, 2014 Sr. Lumen Gloria Dungca, OSB and Sr. Salette Rocha, OSB arrived in Ndanda. On the same day we had the opening conference for all Sisters. Sr. Lumen spoke to us about Ps 63 and our thirst for God. Our deepest longing can sometimes be forgotten by us and be covered by manifold desires. Through *Conversatio morum* we need to

come back to our real longing, which only can satisfy the thirst of our hearts.

On the following days we worked in groups according to profession age, first the group of the oldest, all missionaries from other priories. This was followed by the group of the younger final professed sisters, nearly all Tanzanians, who professed in this priory. They are seen as the backbone of the priory

having already started to take over responsibility. Also the group of the junior sisters and the novices with postulants had each one day with the formators. On Saturday 26<sup>th</sup> of July all final professed Sisters (except for those from Kabuhima) were together to harvest the fruits of the whole process and listen to each other where we would like to concentrate on in the future following the four direction statements of the 12<sup>th</sup> General Chapter. The following Sunday evening we had the farewell recreation with program, as on Monday morning the visitators left us to visit still each dependent house starting with Nyangao. The whole time was experienced as a time of renewal and community up building.

We do not need to worry about our future if we are united in our longing!

*Nov. Katarina shares about the visitation:*

“Behold how good and pleasant it is when sisters/brothers dwell in unity! It is like precious oil on the head, running down the beard, running down Aaron’s beard.” Ps 133

On Wednesday, July 16 at 12 midday we joyfully received our visitors from the Generalate Sr. Lumen Gloria and Sr. Salet. First of all we led them to our chapel, where we thanked God for their safe arrival. From there we escorted them to their rooms, where they could prepare themselves for noon prayer.

On July 25 we novices together with the postulants had the chance to be with the visitators. We began with praying Ps 63, and then went through the psalm first learning, how the Jews prayed the psalm, what it meant for them. Then we related the psalm to our lives. God answers our prayers in three different ways: Yes, No or Wait! He has the reason for his answer. We need to obey his will. In community life we sometimes do not like to forgive, but by refusing forgiveness we harm our health. We can feel sick without real problems of our body, rather because we are not open. It is good to use medicine, but sometimes when we feel sick we need to review our lives; and where we find misunderstandings we need to forgive. This might cure us. We were taught that we need to carry our crosses, although we do not like it. Where we see others suffering under their

crosses we need to help them following the main commandment of God to love God and the neighbor as yourself. Difficult times are often times of being in a special way united to God and Jesus, His Son. We need to pray and thank God for everything.

There are three important words, which help us to live community life: *Thank you, Sorry and Forgive me*. Through these words we will see Christ in everybody. Our class ended at 1:15 pm. We were very grateful to get this chance.

On Sunday 27 we said thank you, good bye and welcome again to our visitors from the Generalate. We received so much from them through their sharing and teaching how to live in community peacefully by reviewing our lives every day, forgiving one another and seeing our community as the school of the Lord’s service. That in all things God may be glorified.

Nov. Katarina Nakei

### **New Subprioress**



*from left to right: Sr. Bonifasia Ngonyani, incoming Subprioress, Sr. Terese Zemale, Prioress, Sr. Ida Nungu, outgoing Subprioress*

On September 9, 2014 Sr. Bonifasia Ngonyani took over the office of Subprioress from Sr. Ida Nungu, who will go for further studies. Thank you to Sr. Ida for her service over the period of 5 years and thank you also to Sr. Bonifasia for her readiness.

## Joint Juniors' Study Program 23/6 – 4/7/14


From June 24 to July 3 Junior Sisters from both Tanzanian Priors Peramiho and Ndanda came with their formators together in Ndanda for a joint study time. The objective was besides equipping with knowledge and skills also bonding among participants of the Tanzanian priories. After having each their own formation program they still want to know each other and strengthen each other.

By Sr.

*Emma Sangawe:*

We were six Junior Sisters preparing for our journey to Ndanda. Early in the morning we left Peramiho to get the bus in Songea. We passed Tunduru and reached Masasi at 8 pm, where the driver Genori of Ndanda waited for us. Half an hour later we reached Ndanda, where we met the sisters joyfully awaiting us. We were shown our rooms and the refectory, where we could still eat something. The next morning we started at 8:15 with the welcome by Prioress Sr. Terese. The parable about the pencil she told us touched us in a special way (see below). Afterwards Sr. Uta-Maria showed us around in the house and surrounding giving explanations about the priory history. She talked about the founding of Ndanda Priory 1908 by 5 missionaries and showed us the first chapel and other localities. Both Tanzanian Priors were closely connected throughout history with sisters being sent from one to another priory and helping each other. She showed us also the cemetery with the old graves as well as the memorial stones of those who lived in Ndanda, but died and were buried outside Ndanda. Hearing about the missionaries I was touched by the zeal of those pioneers who faced plenty of difficulties like travels through the bush with wild animals, primitive housing, snakes etc. We had six days of classes studying different subjects with



*Sr. Marissa teaching Juniors* 

different sisters: Sr. Terese Zemale on collaborative ministry and New Evangelization, Sr. Athanasia Simon on leadership and administration, Sr. Francisca Kaesa on peace, justice and care for creation as well as women formation & empowerment, Sr. Regina Tesch on Self-Care and Sr. Marissa Piramide on pastoral ministry and pastoral skills. We also had the chance to visit different places like workshops and formation house of Ndanda Abbey,

communities in Nyangao and Mtwara, the African Benedictine Sisters of Our Lady Help of Christians and “Zakeo”, the spiritual center.

May God bless all our missionaries who started this work of proclaiming the good news of Christ and continue to strengthen us that we may not get tired to make Him known to the nations!

### *The Pencil Parable*

*By Sr. Faustina A. Kiwalala*

The pencil is made in order to write. If we want to write in clear letters, we should sharpen the pencil with a knife or sharpener. The more the pencil is used, the smaller it becomes. Moreover, it cannot write at its own will. The letters are written by someone else, and the pencil has to tolerate the pain to be a useful tool. The parable of the pencil shows us the relationship between the people and God.

We are like a pencil which is created by God in order to be used according to his will. Through our weakness God works actively. When we allow him to work within us, no matter how many difficulties we encounter, he will change us to be good sisters. So we were challenged to ask ourselves: “Am I a good pencil to be used well for others or not?” In our community life, we are to try to recognize everyone’s uniqueness. If we

accept others' weaknesses and support each other so that we become better pencils, then our communities are united in God.

### ***Pastoral Ministry***

*By Sr. Joyce Nzuyu*

Sr. Marissa taught pastoral ministry, which means bringing Christ's compassion to the people with their physical as well as emotional, mental and spiritual needs and also helping others to recognize their gifts and empowering them to use them for the service of others. The aim of pastoral ministry is to restore hope, faith and love in the hearts of God's followers. The activities can be manifold like visiting the sick and prisoners, feeding the hungry, participating or leading the worship etc.

In this class I profited a lot for my own pastoral ministry. I need to open my eyes that justice and peace may be realized for all people and selfishness may not creep into our ministries. We reflected on Ez 34:7-8 "...since my



flock has been pillaged and for lack of a shepherd is now the prey of every wild animal" and John 10:11, where Jesus talks about his being the good shepherd giving his life for the sheep. In our first missionaries we have good examples, as they came to the foreign country even ready to die. So let us bring with our pastoral ministry peace and justice to the people.

### ***Justice and Peace***

*Sr. Irene Nyerenda*

Sr. Francisca taught Justice and Peace. Justice means to give each one his or her due having in mind the integrity of the person. The Christian idea of justice stresses not only rights, but also obligations or responsibilities. Wherever there are rights, there are also obligations. We learned about the different

kinds of justice like distributive, cumulative and social. A spirituality of justice and peace leads to personal involvement as it entails falling in love with the earth and the whole of creation, with all human beings, who become brothers and sisters. Without being deeply touched by our fellow human beings and the whole of creation there is no urge for justice and peace. We were challenged with the question: as communities do we really foster justice and peace in our communities and ministries? Are we promoting justice and peace in our society? Justice and Peace Spirituality signifies a life enlightened by love for those who are suffering. We Missionary Benedictine Sisters wherever we are need to promote Justice and Peace with our whole lives!

***Justice and  
peace and  
integrity of  
creation***

*By Sr. Juliana  
Maiko Malila*

God, the  
Creator, created  
everything for a  
purpose.

Afterwards  
God gave to  
wo/men the

responsibility to take care of them. But nowadays looking at our world we see that we are not caring, rather we are destroying our world. Sr. Francisca reminded us that we have to take care of all creation of God because everything has the right to live well and in peace.

Looking at human rights, we realized that all have the right to live in peace and freedom; freedom of thought, freedom of movement, freedom of religion, freedom of association, freedom from arrest without trial and political freedom. Jeremiah 22:3-4 reminds us to do what is right and just.

As missionaries we are supposed to be good examples in practicing justice and peace and try to enlighten people through the following:  
-Education about justice and peace and care for creation

- Work with them in some projects
- Encouragement of women to deny the life of slaves
- Preaching and showing them through our lives the word of God: 'Love one another' (Jn 15:12)

### ***Peace and Justice***

*By Sr. Kalista Matinya*

Peace brings truth and truth will do justice. There is no peace without doing Justice. We lack peace in our communities because sometimes there is no justice which makes people to feel uncomfortable. When we lose peace we lose also hope in God. We must make our community to be a source of justice and peace. As the book of Wisdom 1,1 says 'Love justice you who judge the earth. Think of the Lord in goodness and seek him in integrity of heart.' The peace of Jesus Christ is with us all the time.

### ***Administration and Leadership***

*By Sr. Kalista Matinya*

This topic was given by Sr. Athanasia. We learned that we do administrative work almost every day as we normally work with different lay people in our work places and supervise them. Sr Athanasia taught us five steps of planning: plan-organize-command-coordinate –control.

### ***Self-care***

*By Sr. Kalista Matinya*

Self-care means to take care of mind, body and soul. We are called to love God, our neighbor and ourselves. We need to balance between these three. Our Benedictine life has four main pillars: prayer, work, lectio divina and community life.

To take care of the mind means not to put unnecessary things in our mind.

To take care of the body means to eat a balanced diet, drink enough water and relax.

To take care of the soul means to pray hard, invest time to prepare ourselves for prayer and be on time.

Community life is a gift and a challenge at the same time. Without prayer we cannot tolerate to live community life. What is needed is to have mature love and respect for everybody in order to make our communities joyful and

loving. We have to take care of ourselves and our communities too.

### **Initiation to Novitiate**



On August 14 we had the joy to receive two postulants into the novitiate: Lilian Tairo (right) and Sesilia Richards (left). May God continue to guide them on their vocation journey!

### **Seminar of Montessori Training Association**

The seminar of MTAT was this year held in Bukoba, Northwest of Tanzania. Participants were 88 teachers, among them 20 sisters from different congregations. I started my journey on June 13 in Mtwara together with another Sister from Mtwara. The first day we traveled up to Dar es Salaam, where we were accommodated with the Little Sisters of St. Francis in Msimbazi. The next morning we left with another bus going to Bukoba, in which we found 9 more participants of the seminar. After a short stop for lunch in Singida we reached Kahama at 9 pm. Here we had to rest in the bus till the next morning. Because of safety reasons with robbers being active in the huge forest the journey could not continue during the night. The next day, feast of the holy Trinity, we reached Bukoba at 11:30 am. Tired as we were we found 2 teachers waiting for us at the bus station ready to bring us with the school bus to the place of the seminar. We were brought to a place 16 km outside Bukoba, owned by the Lutheran sisters. Finally we had arrived at our destination. It was really a very far and exhausting journey.

Montessori Method started in Tanzania in 1967. Nowadays people are cheating with the

name advertising Montessori schools, while they are not using the proper method of Montessori.

The first period was about how to register the children. The file of a child should be kept from the first day up to the day the child finishes school or is transferred to another school. In case of transferal the child should go with the file in order that the new teacher can know where to start teaching him/her. We also discussed about the observations teachers can make about the child. The third topic was about freedom. The teacher should be free for teaching without disturbance. Also the child needs to be free and undisturbed inside as well as outside the classroom in order to learn well.

We also discussed about the three sensorial keys (hearing, touching and seeing) for reading and writing. The spy game helps the child to hear a word. It has to listen to the sound of the first and last letter in order to identify e.g. the word "cup". For touching the letters of a word we prepare sand paper letters. With the movable alphabet the child sees the word and learns to identify.

In Tanzania there are only eight colleges with certificate courses (Mtwara, Msimbazi - Dar es Salaam, Bagamoyo, Lushoto - Tanga, Mwanza, Arusha, Moshi and Bukoba). None of them is offering a diploma course up to now. The head of the Montessori College in Mwanza promised to start a diploma course. She shared with us about the challenge to establish a diploma course English medium as the Tanzanian national language is Swahili.

We also got the chance to see a bit of the environment: the coffee industry in Bukoba town, the Kagera sugar industry. We also visited the ruins of a church, which was destroyed by Idi Amin during the Kagera war in 1979. We reached up to Mtukula, the border between Tanzania and Uganda.

I am grateful to our Prioress Sr. Terese and all Sisters for giving me the chance to attend this seminar. May God reward them all!

Sr. Joyce Nzuyu, OSB

### **BUT Seminar for Novices 2014: Consecrated Life and Globalization**

*The Benedictine Union Tanzania (BUT) organized this year again a seminar for all*

*novices of the Benedictine communities in Tanzania. Nov. Katarina reports:*



From 1<sup>st</sup> to 4<sup>th</sup> of August we, the second year novices, attended a 3-days seminar on the topic: Consecrated Life and Globalization.

We started our journey on July 31 going from Ndanda to Uwemba. The sisters in Uwemba received us with much kindness and hospitality. They took care of our health, as it was very cold, and they provided us with warm sweaters. May God reward them!

On the following day we continued our journey up to Imiliwaha. There we were joyfully welcomed by the Sisters and Novices. They showed us our rooms. After supper we got time to rest and prepare ourselves for the class on the following day. We were all together 41 novices from different Benedictine communities together with their formators. The classes were taught by Sr. Silvia Kilongo, OSB from Imiliwaha. She started with the meaning of religious life according to the church documents like *Perfectae caritatis* and *Lumen gentium* from Vatican II and *Vita consecrata*. Consecrated life is a sign of faith shown through our life and service in community until our death. We are challenged to ask us: What is the purpose of our staying in community throughout our life? We are called to show Christ in all his aspects. As Jesus we are called to preach, not only by words, but with our whole lives. We are called to treat the sick, as Jesus did. Our consecrated lives are like a living letter to the people (2Cor 3:2-3). We can ask ourselves, what kind of news people can read in our lives. Our life is a kind of sacrifice to God accepting sufferings on behalf of others. We keep silence in order to be able to pray, to live in peace and constant awareness.

Globalization can be seen as the fruit of the Holy Spirit who enabled human beings to invent new technical devices. As in everything also in globalization there is a positive and a negative side. As consecrated persons we need to be aware how we use the things.

During Sunday mass we novices were the ones singing. Fr. Stephen, OSB preached about the gospel of the multiplication of the bread. In our communities we are all rich with the different talents of the sisters and brothers. We need to see the need of others and share readily without greed. We were challenged to look at our communities and ask ourselves where we experience greed, the need to hold back what we are called to share, be it material things or talents. The same evening after supper we had a small program to thank our facilitator Sr. Silvia and say good bye. On the following Monday we had still class up to 12 o'clock followed by noon prayer and lunch. At 4 pm we left Imiliwaha for Uwemba, and on the following day at 4:10am we continued our journey up to Ndanda, where we arrived at 5:45 pm. We thank the Sisters for this opportunity to attend the seminar, and above all God!

Nov. Katarina Nakei

### **Pilgrimage to Ng'awa**



Meanwhile it became a good tradition of our priory to meet every year on the 29<sup>th</sup> August, the death anniversary of Sr. Walburga Diepolder. Sisters and Formandeas from all communities (except Kabuhima, which is too far) and Christians from Lindi diocese, came together in Nyangao and started the pilgrimage by foot up to Ng'awa, where Sr. Walburga was killed 1905 during the Maji Maji Uprising. We had Holy Mass there presided over by the Vicar General of Lindi

Diocese. After arriving back in Nyangao we were served lunch by the Nyangao community. We thank the Sisters of Nyangao for organizing this event and we are confident that Sr. Walburga will continue to intercede for us and the whole country.

### **Acceptance to Postulancy**

On September 23, eve of our foundation day, 9 Aspirants were accepted into the Postulancy: They are Ludovica Shirima, Paulina Inyasi, Inviolata Joseph, Pelagia Shayo, Neema Augustino, Adela Francis, Faustina Paulo and Katarina Richard. May God bless them on their way!



### **Aquinas Update**

It is again with joy that we share with you our latest school news. God be praised for the wonders He has been doing to our school.

#### PTA Revived

On the first of July, four parents came to attend the meeting of the "revived" Parent-Teacher Association (PTA). The parents expressed their support to the school. Sister Maureen and 2 other teachers attended the said meeting; they gratefully acknowledged the support of the parents.

#### New FORM V Students

On the 14<sup>th</sup> of July, we welcomed 41 Form V students at our school. Nineteen of them enrolled in the Arts combinations (HGL, HKL, and HGK) and 22 in the Science combination. The Science combination, Chemistry, Biology, and Geography (CBG)

has been added to the school's course offering this year.

#### ACSEE Results

On July 16, we have received the great news that our 10 students who started our A-Levels two years ago performed very well in the Advanced Certificate for Secondary Education Examinations (ACSEE). Six of them got Division I and four, Division II; with these results our school ranked 10<sup>th</sup> among 180 schools in the country in the category of less than 30 candidates. Some of them have been chosen to join the top universities in the country like University of Dar-es-salaam, Mzumbe University, and St. Augustine University in Mwanza.

#### Honorable H.M. Murji's visit

On the 25<sup>th</sup> of July, Hon. H.M. Murji, a Parliament Member, came to visit our school and gave his promised donations. His promise, sports balls and jerseys and 100 bags of cement, were handed over to the school in the presence of some members of the School Board, members of the school administration, teachers, and students.

#### Young Scientist Tanzania Competition

On the 13<sup>th</sup> and 14<sup>th</sup> of August, two of our students joined the Young Scientist Tanzania National Competition in Dar-es-salaam. Joan Mohamed and Caroline Adams, both Form IV students, joined more than a hundred students from all over the country for the contest. They presented a project on the effect of treated salt water to crops. Their project garnered first place in the special award category. They received a trophy, medals, certificates, cash prize, and a 16 M pledge for the school library. The competition was held at Aga Khan Diamond Jubilee Hall in Dar-es-salaam. The two students were assisted by their Physics teacher, Mr. Geoffrey Kalisa.

#### New Volunteer

On the 28<sup>th</sup> of August, we welcomed a new volunteer at our school, Liesl Mae Hilado Chua. She is the grand niece of our deceased Sister Soledad Hilado, OSB. Liesl helps in the administration, moderates the Art Club, and teaches English to our pre-Form I students.

#### Form I Interviews

On the 20<sup>th</sup> of September is the first interview at our school; the entrance examinations of Form I students for the school year 2015. For

the first time in our school history, we shall be having about 150 examinees in three places namely, Mtwara-Aquinas SS, Lindi-St. Francis Parish, and Masasi-Catholic Parish. We remain grateful to God for the blessings we have been receiving. Likewise, we remain thankful to all of you who support us in every way. May the Lord continue to bless us all and complete the work He has begun in us so that in all things God may be glorified.

#### **Golden Jubilee of Sr. Raphaela Händler, OSB**

On September 6 Sr. Raphaela celebrated her golden jubilee of profession with two of her group mates: Sr. Marianne Schader and Sr. Lieselotte Spieleder. Congratulation, Dear Sr. Raphaela!



#### **Blessing of Cow Shade, Pigs' House and Hay Store**

On 24<sup>th</sup> of September in the morning Fr. Sebald OSB blessed our new cow shade, the pigs' house and hay store. The sheep in the nearby stable contributed greatly to the singing! May our cows, sheep and pigs multiply and the store be always filled.



*Responsible: Sr. Regina Tesch, OSB*