

WINDHOEK PRIORY NEWSLETTER

St. Benedict Priory

Windhoek, Namibia

WPN 51

June-September 2011

Seasons come, Seasons go



Our warm greetings to all from Windhoek at springtime! Winter is now over, but, the cold mornings still linger on the days of September. For our Sisters and guests who have been to Namibia during the spring months, the thorn bushes, Jakaranda trees, and many flowers are blooming again. Around our Priory House are the thorn bushes displaying their white blossoms. It is interesting to note that the thorn bushes looked so dry and dreary at wintertime! One can say that they appeared almost dead from the cold. But amazing as they are, they silently begin to bud and blossom suddenly covering the whole tree in spring. At this juncture, it is apt to quote the second verse of the song, "Seasons come, and seasons go" by Michael Crockett.

"Seasons come, seasons go,
Petals fall though flowers grow;
and when I doubt love lifts a hand
and scatters stars like grains of sand.
Oh love, my love I see you passing by
like birds that fearlessly
possess the sky."



Yes, with love, the good Lord lifts a hand and passes by on both good and bad days. We shall miss our dear Sr. Dorothea, OSB who passed away in August and Sr. Hildetrud, OSB who, due to health reasons, returned to Germany on 13th of September. The poverty, pandemic disease, recent road accidents in Namibia and the suffering of our sick and elderly Sisters have been the petals falling on our ground. However, flowers grew and blossomed on the beautiful day of September 10 ...the blessed day of the First Monastic Profession of our nine novices, now, Sr. Anselma Samuel, OSB, Sr. Mary Martin Likuwa, OSB, Sr. Mary Magdalen Mbangu, OSB, Sr. Bahkita Ameya, OSB, Sr. Bernita Shilikomwenyo, OSB, Sr. Mary John Paul Hosea, Sr. Joyce Ipakwa, OSB, Sr. Juliette, OSB and Sr. Pia lita, OSB. Bountiful blessings showered on the Eucharistic celebration with First Profession Rite, the festive celebration with the Brides' families and guests and the joyful sharing of talents and tireless services of our Sisters and formandees

Another brighter event was the arrival of our chaplain, Fr. Abbot Justin, OSB in July. During his absence, our Holy Masses in the Priory House were officiated by kind priests who were available to share their time with us. Many thanks to them! Now that Fr. Abbot Justin is back, the birds sing and chirp louder near the chapel when we gather for Divine Office and the Eucharist. The nests of the weaver birds are hanging plentifully again on the thorn bushes. We, as spectators while the male weaver bird is working hard while building the nest for its "demanding female partner," can say, "In every season, we shall continue to seek God and work hard together towards growing in love of God and others."

A Memorable Experience... (Thanking is always the best advertising!!!)

by Sr. Leoni Hasler, OSB

Sharon, our employee in Sr. Leoni Care Centre, expected her second child in October, 2009.



Her first child was stillborn; the doctor blamed her high blood pressure for that. When she visited the doctor that time, he said, "If that child does not come before Friday, we have to do a Caesarian section." There was no need for that. The child died before that Friday. This made us all very sad.

At the beginning of July 2010, Sharon told Sr. Faustina that she was pregnant again. She went to the clinic on the 5th of July, and her blood pressure was again too high. The doctor on duty told her to come back in two days' time. Sr. Agatha and I spoke to Sharon, and Sr. Agatha thought that complete rest would be the best thing for her. That was difficult to arrange. Then the Holy Spirit inspired me to ask Sharon the best question: "When you go to the clinic again tomorrow, will you see the same doctor?" – "No," she answered, "it is always the one on duty." I said to Sharon, "I shall go with you to Dr. Sefu. I shall pay for it." It had become a question of conscience for me to do whatever was necessary and possible to

save this baby, no matter the cost was, and I expected this to be quite an amount. Dr. Sefu (she studied in Poland) took the blood pressure – far too high. She measured the blood sugar; it was normal. She did sonar and said to Sharon, "I will give you tablets for your high blood

pressure that do not harm the child. No salt, no coffee, no cola, normal work and come back after one month. I shall then give you the date for the caesarian." Sharon took *Adalat* for 46 days, had a caesarian on 22 August, and a lovely little boy has been her joy ever since. He weighed 2900 grams at birth. He got a very suitable name: **Gladness!**

Dr. Lechner, who worked in Andara, knows Sr. Agatha; he and his wife visited once the Care Center. In June or July, the couple celebrated their 60th birthday together. They asked their guests to give a donation for the Care Centre instead of buying presents. When I thanked him for the donation, I told him the purpose for which I would use the money, though at that time I didn't know how much I would need. I thanked all those whose addresses I could get and after the child was born, I sent Dr. Lechner the good news.

Dr. Sefu was not expensive, but Sharon was in a single room. The whole expense was over N\$7000.

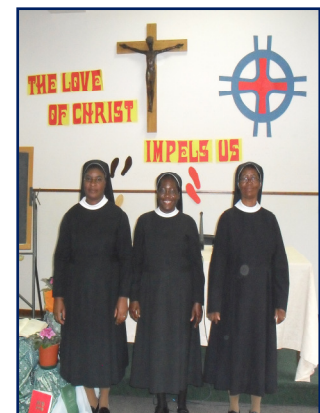
It would have been impossible for Sharon to pay that much. And now I got a letter from Dr. Lechner that he is very happy, especially as he could have a share on the happy ending. Some of his friends were happy about my "Thank you" letters and might in future give some donation now and again.

Thanking is always the best advertising!!

International Weeks of Encounter 2011

by Sr. Lucia Gabriel, OSB, Sr. Eveline Nekongo, OSB and Sr. Walburga Amutenya, OSB

On 26 April 2011, we, Sr. Lucia Gabriel, OSB, Sr. Eveline Nekongo, OSB and Sr. Walburga Amutenya, OSB left Namibia for Rome. We arrived on 27 April, and found two of our Sisters waiting to pick us up from the airport and bring us to the Casa Community. The



Sisters welcomed us very well.

It is very hard to write and say about our experiences for IWE on the April 26 till June 9, 2011. We don't know where to start and to end up. It was very nice to have this chance of renewal and to have also the experiences of the holy land as well as to have more ideas on what the other Priories do.

Mother Angela, in her welcoming speech told us, "Dear Sisters, Hearty Welcome to Rome, the heart of the Church and the heart of our Congregation! You and we are specially blessed to experience together the International Weeks of Encounter. It is always a time of growth and renewal for our International Congregation because it is a time for growth and renewal for each one of you." We experienced the richness of our Congregation through the different cultures. We appreciated the Rule of our Holy Father St. Benedict shared to us by Sr. Aquinata Böckmann, OSB. We thanked her for giving us a good experience. The blessed retreat and input of Sr. Lucida Schmieder, OSB really touched us. We had enough time to reflect upon the Word of God through the Liturgy and Lectio Divina. We also visited many places such as Churches, Museum, Catacomb, Subiaco, Campo Santo, Assisi, Monte Cassino, Norcia as well as other nearest places. We were very much excited for all these places. The thing is we can only highlight few parts of our experiences during our pilgrimages. To mention some, there were many people who attended the Beatification of Blessed Pope John Paul II. Many of us, for example, Priests, Sisters and Bishops couldn't enter St. Peter's Square. Some people went back home to watch on the TV screen. Our group decided to go to Circro Maximo to watch on the big screen. They were 10 TV screens and the place was very packed.

It was early in the morning on a Monday when we left Casa Spirito House to Norcia. We drove about three hours. We attended the Holy Mass, celebrated by the Superior of the Monks in Norcia. Before Holy Mass, one of the Brothers shared with us how they celebrate the Holy Mass and its value to them. He said, "We celebrate the Eucharist as was before Vatican II

with the back facing the assembly". Everything was in Latin, including the hymns. He told us, "When you come to receive the holy sacrament, please kneel. This is the sign of worshipping the Lord." Unfortunately, during the Mass we were unable to see what the priest was doing on the altar, because he covered the altar. The priest's voice was also too soft to hear. We found the Holy Mass too short but was touching. After the service, the Superior came and gave us a warm greeting and welcomed us. He gave us a short description of his Monastery as well as the place. After the tour, we visited the place where St. Benedict and St. Scholastica were born. We are very much enriched by this experience because we saw where the roots of our Congregation came from.

Corpus Christi Sunday

by Sr. Maria Sikindo, OSB



The Feast of Body and Blood of Christ has been one of my favorite feasts, where I feel

God's spirit is making me aware of the presence of Christ in my life. It also reminds me to receive and attend the Holy Eucharist with reverence and respect more than I do on other days. Although this feast is celebrated each year, I feel as if it is the first time every year. This year, I reflected on the "food and drink of eternal life" as God kept his people alive in the desert by giving them "food and drink from heaven." He continues to give us the food and drink of his Son-Jesus, given for the life of the world.

The celebration of the Eucharist started with the procession while a beautiful flag, a cross, lighted candles and incense were brought in the chapel. The chapel was then filled with the fragrance of the incense and the melodious entrance song was sung. Fr. Rick MM was the main celebrant and he began the Holy Mass by explaining to the congregation that we are celebrating the Feast of food or sharing. Jesus gave himself to us; so we, too, should do the

same concomitantly by giving ourselves to our brothers and sisters. In his homily, he said that the Eucharist is not only a personal relationship with God but it is common-union with all people; and that is why when we go to receive Holy Communion we go as a group and not as an individual. As Christians, we should try to reflect on this beautiful feast about God's love for us by giving us his only Son to be our food and drink of eternal life. After the Mass the Sisters together with the faithful had a procession with the Blessed Sacrament while singing different songs in Oshiwambo and English from the chapel to Subiaco where an altar with different kinds of Namibian liturgical decors was prepared. As Jesus fed the people with two fish and five loaves so was the place decorated with two fish and five loaves to remind ourselves that Jesus is still feeding us with His Body and Blood. After the adoration we had a procession back to the chapel where we ended with a Benediction.

I personally thank God for sending us his Son to give us an example of love. Thanks to Jesus who humbled himself to die on the cross because of his love for all. As a Christian and a Religious, I believe that I am called to imitate Christ who died to save all. I, too, must die to myself in order to serve my brothers and sisters in any kind of need.

Reflections on my Retreat 2011
by Sr. Victoria Antonius, OSB

It has been almost a month ago after our annual retreat ended, but, I am still reflecting on the sessions as if it just happened earlier this morning. I can say our retreat master Fr. Devasia Manalel, MSFS has a gift of touching souls. I was touched by all his sessions although I am only going to enumerate some of what he said. Already on the first day of the retreat, he beckoned us that our prayer life should really go in our cells knowing fully well that the Father had seen us from afar like the prodigal son; but these cells he was talking about are not the cells we sleep in, but the cells of our hearts, minds, emotions, wills, feelings and even our understanding. God the Father hears our cry, is moved with compassion and comes down running, embracing and kissing us tenderly. He

is the one who starts the celebration and begs us to join in the celebration. With this each needed to ask oneself, "Did I come to the celebration or not?" I was also moved by the two faces of Jesus as the retreat master illustrated them. The first face of Jesus according to Fr. Devasia is "the Love of God" and its four activities such as visiting, eating, healing and praying. In this face I asked myself, how I do take part in it. The second face of Jesus is "The Word of God for nothing has come to existence, without Him" and its four activities are: proclaiming the Word of God, inviting people to Him, teaching and lastly, casting out demons. Jesus is the Word of God and the Love of God. In the Gospel of Luke 15:1-3, there are two groups, those who came to listen and get the love and those who came to get approval and grumble; to both, Jesus gave them the Word of God. It is a wonderful experience that those who search for love get the Word and those who come in search for the Word of God get love. I pray that I may be searching both God's love and God's Word and that I may be filled with the Holy Spirit in order to live a life led by the Holy Spirit.

I also felt challenged by what the retreat master said, "Religious Sisters, Brothers and Priests fall into sin because they do not use their time for spiritual things" rather, they speak ill of another consecrated person, which is wickedness and sin that travels and multiplies. Sin cannot be destroyed, it is always there, but unless we realize how it affects and/or hurts others, God and ourselves, we will carry our sins until the tomb. We all need hope to amend our ways and return to Jesus, who can heal every wound. All of us are wounded and in need of healing from HIM, who is our ALL.

In the last session, Fr. Devasia gave us eleven ways so that we can better get along with everyone. I found these very interesting and I feel I should share these in this reflection. They are:

1. Before you say anything to anyone, ask yourself 3 things: Is it true? Is it kind? Is it necessary?
2. Make promises sparingly and keep them faithfully.

3. Never miss the opportunity to compliment or say something encouraging to someone.
4. Refuse to talk negatively about others; do not gossip and do not listen to gossip.
5. Have a forgiving view of people. Believe that most people are doing the best they can.
6. Keep an open mind; discuss, but do not argue. [If is possible to disagree without being disagreeable].
7. Forget about counting to 10 counts instead count to 1000 before doing or saying anything that could make matters worse.
8. Let your virtues speak for themselves.
9. If someone criticizes you, see if there is any TRUTH to what he/she is saying. If so make changes; if there is no truth to the criticism, ignore it and live so that no one will believe the negative remark.
10. Cultivate your sense of humor; laughter is the shortest distance between two people. *Do not seek so much to be consoled, as to console; do not seek so much to be understood, as to understand; do not seek so much to be loved as to love.*
11. Pray that all of us will keep these points in mind and the biblical principles behind them so that we can continuously improve our personal relationship with others wherever we are.

Through this reflection, I wish that the inputs of the retreat will sink deep in me till the next retreat.

Looking back at our Oblation

by Mrs. Hertha Nashenda, Oblate



(Oblates Willemina, Kristof and Hertha)

Six Sisters of the Missionary Benedictine Sisters of Tutzing (Sr. Remedios, Sr. Erwina, Sr.

Bonifacis, Sr. Lydia, Sr. Josephine and Sr. Maria Kredula) teamed up to prepare our group of oblate candidates. The three of us, Mrs. Willemina Jessop, Mr. Kristof Ndunga and I were blessed to have met the requirements for oblation. The day of our oblation began with a Sunday Mass together with the Sisters in Nubuamis on the 10th of July 2011. After the mass, our recollection started with the theme: "Life in fullness" (John 10:10). In silence, we meditated upon the Word of God. We listened to our hearts and the surrounding. It was a DAY OF LISTENING. We wanted to know God and seek His face. We wanted to know our call in life. Our facilitator, Sr. Remedios, explained and led us in everything. We discussed and asked.

Lunchtime, we came together and ate in silence in the hall with music at the background. After lunch, we continued praying and meditating. We brought everything before Him, our availability, desires, motivations, and our dispositions. At four o'clock in the afternoon, we went to the chapel to pray early Vespers with the Priory House Community. After the reading of the Word of God, Mother Maria Ignatius, OSB called us to the altar. In front of everyone, we read and signed our oblation card. We received the Rule of St. Benedict and St. Benedict medal in the presence of God, Sisters and our family members. Glory to God! After Vespers integrated with our Oblation, there was a small celebration with the Sisters and family members. God bless all the Missionary Benedictine Sisters and oblates for a wonderful day!

Rural Placement 2011

by Sr. Profilia Nehemiah, OSB

On 23rd June 2011, we left Windhoek for Swakopmund with Sr. Oranna Franke, OSB driving. It was a blessed trip indeed as we prayed the rosary and sang songs together. We arrived in Swakopmund at lunch time; our Sisters received us with smiles, hug and of course a well- prepared meal.

On Friday, 24th June, we went to Swakopmund State Hospital to familiarize ourselves to the place. The Matron welcomed us and sent us to Tamariskia Clinic, where we were allocated for five weeks. We were sent to

go and see Sr. Shipena, In-charge of Tamariskia Clinic, who gave us a quick view of the clinic.

Monday, 27th June, was our official day to start our practical; we were exposed to the usual community nursing care for the whole week with two days off that were Saturday and Sunday, but we used Saturday to follow-up our Ante-natal and Post-natal Care at Tulinawa and DRC locations. We started our work when the clinic opened at 8 o' clock. Morning hours were filled with a big number of clients than in the afternoons. There are 10 staff members; six of them are E/N (Enrolled Nurses) and four are R/N (Registered Nurses). One R/N is the in-charge of TB tracing and is responsible for school health and other outreach programs. We got involved in all the services that the Clinic renders such as: Screening of Patients under five years to whom we utilized the Integrated Management of Childhood Illness (IMCI); Ante-natal Care (ANC) first visit as well as revisit ANC and post-natal care; Family planning; Immunization of day-one to 10 year-olds and preventing the communicable diseases also the Tetanus Toxoid (TT) for the bearing age of 15-49 years old; PAP-smear an investigation of the cancer of the uterus; TB Tracing; HIV counseling and testing and Preventing Mother to Child Programme (PMTCP).

Every year the Department of Health offers Immunization to everyone from 0-59 years old for free. This year the month of June was kept apart for the National Immunization. In the district of Swakopmund, the National Immunization Day (NID) for second round was on June 19-21. For the aforementioned NID, we were divided into groups and my group was assigned to Maheteko Area. We went from one house to another and also to different Kindergartens. On the second day of Immunization, we asked the people to bring their children under five-years and gather at one place and they all cooperated well which saved our time from walking all day long. Instead of going from house to house as we did on the first day the parents brought their children to us; and it did work very well.

After the NID, we had some appointments to different offices to seek for some information for our logbook. We went to

the offices like the office of Municipality; Home Affairs; State Hospital and Regional Office.

The challenge that we encountered at Tamariskia Clinic is the increase of the population; since it is the only clinic in the district which caters to \pm 40,673 people, patients were congested. The population is fast growing that leads to the need to expand the clinic in order to have space for all. For example, it was hard for us to do the pediatric screening in the same place where the ANC and Post-natal Care are also being done. Otherwise, the overall experience was great.

This Rural Placement is part of our UNAM (University of Namibia) Nursing Program that aims to equip students with knowledge and managerial skills in order to ensure quality patient/client, family and community care in any health setting and for optimal health delivery based on the Primary Health Care (PHC) approach. The goal of Integrated Disease Surveillance and Response (IDSR) aspires to improve the ability of students to detect and respond to diseases and conditions that cause high levels of death, illness and disability in the district catchment's areas.

Our sincere and profound gratitude goes to the Nursing Department of UNAM for proving the opportunity for us; to Mother Maria Ignatius, OSB, Sr. Irene, OSB, to Sr. Oranna, OSB and all dear sisters for their prayerful and financial support. Other special thanks go to Sr. Ortrud, OSB and to all our dear Sisters in Swakopmund for it was a hectic time for them to prepare our meals during our stay in their community.

***Kuku Sophia's 70th Anniversary
of Monastic Profession***

by Postulant Petrina Nghilifilwa

It was on the 15th of August 2011, when we celebrated the 70th Anniversary of Monastic Profession of Sr. Sophia Namwenyo Tshavuka, OSB. The feast occurred on the day of Mother Mary's Assumption when she was taken to heaven, body and soul. At the celebration of the Eucharist, the young ones danced the entrance hymn, "Tell out my soul the greatness of the Lord."

“Kuku Sophia” (as she wishes to be addressed which means “Grandmother Sophia”) is an active and happy elderly Sister in the Community. At the Preparation of Gifts, she offered the hosts and she very happy dancing with the young ones as she walked towards the altar.



In the sermon of Fr. Abbot Justin, he says that this feast is a feast of the Church as we continually publicly witness the presence of God in our world/society. It is a blessing that we have Kuku Sophia still healthy and running the race as she goes by herself though she lived for a long time, therefore, it is important for us to take care of ourselves.

We had special meals that day and after supper, we sang as a community the Psalm 84 “How I love your temple Lord Almighty, how I love to be there” for Kuku Sophia and she was very happy.

I, then, afterwards asked Kuku Sophia how she felt about it and what did she experience along those past years. She answered me, “I have stayed for a long time in Namibia before you were born. Make sure you persevere until you get old like me. I am happy for my cake.”

Though this is not easily attained, it is all by God’s grace. May God bless Kuku Sophia and grant her health of mind and body and may she give joy to our Community as she does always.

Being a Disciple and Missionary

by Novice Susana Petrus

On August 16 – 18, 2011 several of our Sisters and Novices attended a workshop which was held in Döbra with the theme “Discipleship and Missionary”. The workshop was organized by the Maryknoll Fathers and Brothers as they celebrated their centennial anniversary of their Society after it was founded in 1911. For this occasion, the Maryknoll Fathers and Brothers invited the guest speaker, Fr. Antony J. Gittins,

CSSP, a theologian, professor and author of many books. The workshop was well attended by mostly religious Sisters, and a few Priests.

It was a wonderful experience for me to be one of those who attended. I learnt that discipleship as Fr. Gittins said, “is not for angels but for people living here on earth” with its primacy of baptism where we are called to different forms of tasks. The word ‘disciple’ simply means ‘a learner’ and so we are all learners in the Lord’s vineyard. Jesus brought His mission on earth and entrusted it to us to continue it further; to cross our boundaries and encounter the ‘other’ people.

Some people think that there is nothing left to learn any longer; such people cannot be disciples for they refuse to learn. Many times we seem to have more knowledge and pay attention only to academic learning and never got enough time to learn from Jesus. For that reason, for one to be a disciple one needs to be available, ready to listen and willing to learn from Jesus; for He said, “learn from me, for I am gentle and humble in heart”. But that does not mean we have to neglect the academic learning, but it means we need to balance them because we cannot become disciples by our own power. Jesus says, “You did not choose me, I chose you”. He chooses those he wants and commissions them to go into the world to proclaim, to give witness, to liberate and to share their bread with those they encounter in their mission. In order to be a disciple, one has to let Jesus be in-charge and offer oneself to Him and be a servant of all. Along with that, we have Mother Mary as the first disciple and servant of God who listened and pondered the Word of God and gave birth to it. She is our model in our learning.

Fr. Gittins emphasized that Jesus called everyone in His ministry of discipleship, the rich and the poor, the educated and the uneducated, women and men; they are all equal in His community. Although in the Bible language, women are not recognized as disciples they are better disciples because they persevere until the end; they do not give up so easily and in most cases they can suffer silently. As a woman, I agree that I am also a disciple

who is called to do Jesus' mission in a simple but profound way that I can.

Our sincere thanks to all Maryknoll Fathers and Brothers for inviting us and sharing with us their joy. We thank the Lord with them for the blessings they have received for the past 100 years. Together with them, we look forward to their next centennial celebration. May the Lord reward them abundantly in their services especially to our Church in Namibia!

An Introduction to Monastic Life

by Sr. Mary Martin Likuwa, OSB, Sr. Bernita Shilikomwenyo, OSB and Sr. Joyce Ipakwa, OSB



As we reflect on the event of our First Profession, we cannot help but call it "An Introduction to Monastic Life". This is because, during our 8-day Retreat with Fr. Abbot Justin, OSB, we were given talks on our Benedictine Monastic Values which made us understand our life better. These were silence, community living, conversion of life, the three pillars of Benedictine Life: prayer, community life, missionary work, Lectio, Stability as being faithful to our monastic values which Fr. Abbot calls "Monastery of the Heart", and many more others. At the end of the retreat, we were all enriched and felt courageously to have overcome our fears to articulate our Yes and place all our hopes in Christ who called us.

On the eve of our Profession Day, we had Mandatum but previous to it, Mother Prioress Maria Ignatius, OSB gave a wonderful speech based on the Gospel of St. John 13, Jesus washes His disciple's feet. It was a touching moment when Mother Maria Ignatius washed and kissed our feet and invited the Perpetual and Junior Sisters to kiss our feet as a sign of

accepting us as new members of the community. After the washing of the feet, there followed a vigil meditation and Compline; we were then brought to our rooms by the whole community as they sang "*Come, Christ Bride, receive the crown which the Lord prepared for you for all eternity*"; which made us feel as real BRIDES of Christ.

There were many Sisters from our different communities together with our family members who came to witness the event. It was a new experience for us (*nine candidates for Profession*) to stand in St. Mary's Cathedral and pronounce our Vows; the Church looked bigger than the usual for us but we made it in reading out our Profession Cards aloud for all to hear. The Main celebrant was Fr. Abbot Justin, OSB together with other nine concelebrating priests. In his homily Fr. Abbot Justin, OSB urged us that we are the gifts to the Church, to our Community, as well as to our Congregation.

The most touching part for us was the singing of the "Suscipe" as we felt truly ready and strong to face the unknown future. During the Preparation of Gifts procession, our parents brought us to the altar as an offering of our vocations. What seemed to be exciting to the Community was the part of the giving of religious names; we all received our new religious names as a sign of becoming a new person.

After Holy Mass we had a festive lunch for all at the parish hall with a short program. The day went very well with all its transportation to and from the Cathedral. We thank all the Sisters for their conscientious work they did and will do for us. Special thanks to Mother Maria Ignatius, OSB and the Windhoek Priory Government for having allowed us to pronounce our Vows and to Sr. Bonifacis, OSB our Novice Mistress and all our Sisters who helped us to reach September 10, a day we will always remember with fond memories. All your efforts, dear Sisters and Novitiate members, are very much appreciated; we cannot verbalize everyone's name and everything that was done to us but we are beyond doubt grateful to one and all. Please, carry us in your prayers as we do for you.

Called Home to God

Our Sr. Dorothea Emanuel, OSB peacefully returned to God on 21 August 2011. May she rest in peace and intercede for our Priory and Congregation.



News briefs

- Fr. Marek, Parish Priest of Corpus Christi Parish in Wanaheda, Katutura, gave the religious Congregations in Windhoek a possibility to present their charism to the young people during and after the Sunday Mass on 24 July 2011. Sr. Remedios, OSB, Sr. Mary Clemens, OSB and Sr. Maria, OSB represented our Congregation.
- Welcome back to Fr. Abbot Justin, OSB who returned to Nubumis from his medical treatment abroad on 28 July 2011.
- Hearty Congratulations to Sr. Marita, OSB who celebrated in a simple way her Golden Jubilee of Monastic Profession with her community in Swakopmund on the 24th of August 2011. The big event was on 18th of September when Sr. Marita and her fellow Jubilarians celebrated together their Golden Jubilee in Tutzing.
- Sr. Mary John Sakeus, OSB left for Rome to join the Junior Sisters' program.
- Sr. Marianne Shilengifa, OSB went to the Tagaytay, Philippines to attend the Rule of St. Benedict Course by Sr. Aquinata Böckmann, OSB on 17 July to 18 August, 2011. She returned rich with knowledge and fond memories of the course and the Manila Priory. Hearty thanks to Mother Mary John and the Manila Priory, and Mother Irene and Tagaytay Community.

- Sr. Leoni Hasler, OSB received an invitation from the So optimist Club of Liechtenstein celebrating their 20 years' anniversary. This is an international women's organization like the Lion's Club. The benefits from this celebration went to the Sr. Leoni Care Centre in Tsumeb. Sr. Leoni could celebrate her 75th birthday (03 Sept) with her family and friends at the time of her two week trip to Liechtenstein (30 August until 13 September 2011).

Many Thanks and Farewell, Sr. Hildetrud by Sr. Remedios de los Reyes, OSB



We sincerely expressed our thanks and bade our "goodbye" to our dear Sr. Hildetrud Knoth, OSB after supper on the eve of her and Sr. Marita's departure for Germany, the 11th of September. Fortunately, we could still enjoy her presence and Sr. Marita's, too, for another day because their flight was postponed on account of an increment weather condition in Germany. Before the short program for Sr. Hildetrud, Mother Maria Ignatius gave Sr. Hildetrud her words of gratitude and appreciation and presented our Community's farewell card and the certificate of recognition awarded to Sr. Hildetrud by His Grace, Archbishop Liborius Nashenda, OMI for her precious 47 years of missionary life and service in the Church of Namibia. After the farewell and blessing songs rendered by the Sisters and formandeas, Sr. Hildetrud gave her short response. She asked us to remember two things: the first was- God loves each one of us. Even if we make mistakes, we have already been forgiven. The second was: each one of us has a purpose in entering our Congregation...that is, we must share to

everyone we meet and live with the good news that they, too, are loved by God and God has already forgiven them.

To our dear Sr. Hildetrud, thank you for having been a part of our lives in Namibia. We might not be able to mention your valuable contributions to our (your) Windhoek Priory, but we are aware that you have done your best in your missionary tasks as medical technologist in the Roman Catholic Church for many years, your seriousness to teach the “Creed” and Theology to the Formandees, your care for the Priory archive and library, your service as Priory Councilor, your leadership, wisdom and love for the poor especially in Swakopmund and many more. May God reward you abundantly and may you have a happy and healthy return to your home country.



Seated at the centre, Sr. Hildetrud was surrounded by the Sisters and formandees for a farewell photo taking.

Our sincere thanks and appreciation to our contributors.

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