

**Dear Friends,**

**Annual News Letter from the Community of Emmanuel Sisterhood Bafut for the year 2019**

Receive our New Year wishes for the year 2020. We are delighted to present some news of our community to you once more. It was not possible last year due to the challenges we went through from the crises of our country Cameroon in the North West and South West Regions. Even though things are not quite settled, we are happy we can sit down in a quiet environment in Foubot and write to you these lines which strengthen the bond we have had through sharing for several years now.

The year 2019 was not an easy one, but yet surrounded by many blessings and care from our God and brothers/sisters like you. Thank you immensely.

**Spiritual Life**

We have been striving with our daily offices. Before living Bafut, the common prayer life had been affected as we were disturbed and sometimes interrupted during the Offices from the Anglophone crises.

In our different areas we try to maintain the daily prayer hours. Our monthly retreats are not yet perfect in the places where our sisters live, but in Foubot we are going on with it, assisted by our chaplain revd. Fru Henry who comes or the parish pastor of Foubot.



**SISTER'S CHAPEL IN BAFUT**

We were very happy to have our annual retreat from the 25 – 29 October 2019 in the Cistercian Monastery at Koutaba led by Rev. Fr. Ignatius on the theme **“Be Humble or you Stumble”**.

We also had our Advent retreat and metanoia in Akum and Foubot led by our Cahplain Revd. Fru Henry and the Prioress.

In December from the 26– 29 we gathered in our fraternity/Madeleine Home Care and Training Center Akum where the consecrated sisters had their day’s retreat for the renewal of their religious vows, 19 in number. These days also gave us the joy and opportunity to meet each other as the whole community was present. We shared together, evaluated the year 2019, made some planning for 2020, prayed together, ate together, danced and enjoyed the company of each sister which was very important.

For the feasts of Christmas and New Year, we celebrated in 3 different places: Fombot, Akum and Bafut. When we feel places calm some sisters go to our main community in Bafut, just to be in the house and see how the guards are doing and also look at our property.



## PHOTO OF SOME OF OUR CONSECRATED SISTERS

### The welcome to Foubot

Our final take off to Foubot where majority of us are presently would not have been possible had the PCC, the Presbyterian Secretary of the West Presbytery and the PC Foubot congregation with their pastor not opened their doors to welcome us by offering part of their land to build our present house. We received this land by the end of 2018 and work started there in January 2019 and saw the level where we could move in, in July 2019. We are very happy to be in this building, though the living space is limited.

Our hearty thanks goes to our sisters from France, the Association of Circle of Friends of our Sisterhood in Switzerland, the Landlii sisters in Swiss, for supporting us to realized this project, not forgetting the Benedictine Sisters at Babete who hosted us for several months when we left Bafut. We thank them immensely for their hospitality, and we also thank people of goodwill in and out of Cameroon. May God bless each one bountifully for the kind support.

Not living out our pastors and the Christians of the PCC both of the N.W and Western regions who also took great care of our well being spiritually and materially.

We received a very warm welcome to Foubot on the 3<sup>rd</sup> July from the CWF women officially dressed in their yellow wrappers, singing songs of praises. They prayed with us, officially welcomed us and feed us with the food they had prepared for us.

On the 4<sup>th</sup> which was the next day Rev. Akupa Victor who is the parish pastor of Foubot blessed and dedicated the house for us to peacefully dwell in.

The Presbyterian Secretary for West, Revd. Kang Denis came the next day and officially welcomed us, prayed with us and gave us very useful advices. Since then we have had visit from Pastors, friends, family members, neighbours, etc. Our neighbours have been very kind and generous to us, bringing us food items etc.

In Akum, Our orphan and disable children have not been going to school since three years as the crises dragged on. Because of the bad effect this has on the children, the center now has classes with hired teachers to help these children and a few from around.

The bakery too in the center has been affected seriously as there is no market to sell the bread, so it has been temporarily closed.



## CHILDREN AT THE CENTER IN AKUM

**Formation:**

For the formation of the young sisters, sister Judith, Sr. Claire and sister Angele follow up. Sr. Marie Joelle and the chaplain join to give classes. At moment we have 5 temporary professed sisters, 3 novices and 7 postulants. Five of the postulants attend classes in the college closed to the community in Fombot while continuing with the formation in the house.

From May 2019 sister Marie Joelle did a 3 months Counseling course in the Baptist Center Bamenda and is putting the skills acquired in to use both for the community and guests.



**SISTERS ON FORMATION WITH THEIR MISTRESSES**

We cultivated maize, beans and vegetables for our consumption.

Our sewing workshop is also going on well even if the room for the sewing is presently very small.

The Host room is also going on with the production of communion elements even though we are just temporarily managing the place of production

On the 29<sup>th</sup> of September we attended the Presbyteries meetings both in the West Presbytery and in Bafut Presbytery in the North west region.

The Agape Unity Program has been thriving on, thanks to the courage of Sister Judith and devoted persons like Divine, Tabitha Mr. Johnson, Henry the agape driver, etc just to name a few. This has helped the patients with epilepsy never to completely lack their drugs and the disabled persons to be attended to. Many internally displaced persons have benefitted a lot from this program especially those who lost their properties, homes, and those who were hiding in bushes without food to eat. The program is alive despite the crises, though not easy to go about it.



**HOST PRODUCTION**



**SEWING WORKSHOP**

## Health

We have not been without health crises, but God was in control. Sr. Hope and sr. Charis were operated upon in April 2019, and are both doing well now.

Some few months ago, Sr. Magdalene was seriously ill from her both knees and legs, but God also delivered her after being admitted and treated for some time in the hospital. We had cases of sever malaria, typhoid etc, but thank God there is great improvement now. Other sisters who are not in good health are on treatment and we are trusting God for complete healing.

## Our challenges

It has not been easy to manage community life during this period of crises.

The movement from one place to another to meet the sisters too is not easy and this is also costly

Adapting too in Foubot with the climate hotter than Bafut is another challenge, different culture too and spending to buy what we could naturally get in Bafut.

## Journeys

Sr. Judith and Claire traveled to Europe in April. It was a happy and fruitful journey.

The Prioress Sr. Shalom attended the PCC Synod Meeting in Buea with Sr. Angele in November, during which the moderator Rt. Rev Fonki Samuel was re-elected moderator and Rev. Miki Hans elected Synod clerk of PCC respectively, we thank God.



**FIRST HOUSE WHERE SOME OF OUR SISTERS ARE PRESENTLY LIVING IN FOUMBOT**



**ONGOING CONSTRUCTION IN FOUMBOT**

Brethren, please continue to pray for a quick and permanent solution to the crises that are still ongoing in our two English speaking regions of Cameroon. Many have lost their lives and many more lives are perishing on daily basis, a situation too difficult to bear.

Dear Friends, this is where we end this newsletter for today. It is just a glimpse of what we have lived, as it is not possible to say all at once.

Thanks for sharing with us and wishing you once more a blessed year 2020.

**SISTER SHALOM KIVEN**

**Prioress and Community of Emmanuel Sisters.**