

**Sisters of Notre Dame
Holy Spirit General Delegation**

July 2020 Newsletter Volume 12 #2

Covid-19 and our Notre Dame Communities

Mpala, Uganda: Since there is a lockdown in many countries and borders are closed, there is very little transportation. Schools and colleges have been closed and most of our Sister students are taking their classes online. Many Sisters are having extra time for prayer especially prayers for God's mercy and healing for the people affected by Covid-19 and praying for all the medical personnel and scientists.





Some of the communities have been very active in community projects such as the one we have here in Mpala, Uganda. We have a daily communion service and an hour adoration before the Blessed Sacrament. Here in Mpala, our community had a project to support some families who were affected by the lockdown and the floods. One of my friends contributed towards helping 82 families with grocery items like rice, maize flour, beans, etc. Certainly, we wish we could do more for helping the starving families.



All the community members helped in packing and distributing the food packages. Some sisters also went to the families to deliver the gifts especially to the aged and infirm. Children came from a distance to secure the donation for their families. We continue with renewed prayers for all in our global family. *By Sister Mary Mukti, SND*

Notre Dame Osotwa Corner, Simanjiro, Tanzania

A Notre Dame Sister always finds something interesting to do and turns to the Good God with a grateful heart, trusting in His goodness and love! The past three months were unique and fruitful. The Maasai community of our area was saved from all dangers of the Corona virus. Thanks and praise to God! We were constantly sensitizing the community, and they learned many things about washing hands, keeping clean, and protecting themselves and their families. There was such awareness created that even in the “Small Christian Community” gatherings, funerals, and at the church, there was water and soap for hand washing!!!

As the schools were closed, besides catching up with unfinished work, we found many interesting things to do to keep our spirits high. We sat together and planned all that we could do. You could find Sister Mary Winfred Nduku every morning and evening in the school garden, planting, watering, weeding, harvesting, and carrying fresh greens and vegetables for the Sisters and workers. She would be full of smiles when she approached the chicken house. During the Corona holidays alone, with her good care and supervision, over thirty chicks would run to her when she went in. Of course, she would have some goodies for them.



Sister Maria Juliet encouraged the workers who were harvesting beans and maize by joining them and helping them to do a good job. At the end of their work, she had good surprises for them,



inviting them to refresh their “Bread-Making” lessons from Sister Maria Almuth. Every non-teaching and teaching staff member interested had a turn to make bread under the guidance of Sister Maria Juliet and to take their share home.



Our latest arrival and newly professed, Sister Elizabeth Marie, stepped right in joining with everything that was going on. All were engaged in making greeting cards, key holders with Maasai beads, coasters and rosaries. Each one volunteered to spend an extra hour before the Blessed Sacrament praying for the world and for each one of us! Sr. Mary Rashmi was determined to complete the reading of the Holy Bible in 90 days!



Boosting the spirit of the workers, she managed to give a real face-lift to the compound, started a nursery for over 300 saplings that would be given out to the women and students for planting when the rainy season comes. Since we were allowed to meet together in small groups, our Osetwa women were introduced to

making concrete pavement-blocks. All these activities were between attending to our farming of maize, beans, green-gram, pigeon peas, chic-peas and “sim-sim”.



We continue to thank God for all the wonders He continues to do in our midst! Wild buffalos and elephants are around looking for water. A number of people have been attacked and seriously hurt by the buffalos, but God has saved their lives. Now we are happy that the children are back and there is new life in the compound. We entrust the whole world, especially our Maasai community and

each of us, to the care of our dearest and beloved Mother Mary who will intercede for us and protect us under her mantle! *By Sister Mary Rashmi Mattappally SND*



Characteristics of Notre Dame Culture –Syokimau, Kenya

In our Delegation Superior's letter last October, Sister Mary Roshini encouraged each community to reflect and study the Characteristics of our Notre Dame Culture. Each week, the Sisters of the Nairobi community displayed one of the characteristics for sharing after their weekly *Lectio Divina*. This proved to be such an enriching experience! Many times, one could hear a Sister say, "Yes, that is truly us! This is surely one that is characteristic of us as Sisters of Notre Dame."

As we continued to engage in this sharing over the past 3 ½ months, some of the Sisters shared their expressions of what this opportunity has meant to them.

*I've discovered my identity as a Sister of Notre Dame and appreciate the legacy.
I discovered areas where we need to improve as a community and as an individual.
These are also guidelines for my life.*

*I deepened my sense of belonging as a Sister of Notre Dame and I was amazed
how our characteristics are rich and inspirational. The sharing of these characteristics
has made me evaluate myself as a Sister of Notre Dame and how I have lived my life as a
witness of Christ within the community and society. They have enriched me and brought
a deeper awareness of the areas where I have grown as well as where I need to improve. I
am grateful as a Sister of Notre Dame because God has enriched us in many ways.*



*Somewhat seeing the words on paper
made our ND characteristic more of a
reality. The weekly sharing with my
Sisters expanded my appreciation of
each characteristic and how we
recognize and live them as SNDs.
How often we said in our sharing,
"It's true, that really does
characterize us!" My identity as an
SND has been enriched by taking time
to study and reflect on each and I am
grateful.*

*The ND Characteristics are more than what I see and hear. The sharing
enriched and challenged me, and yet there is a need to "walk the talk!"*

These are only a few of the reflections. Time was taken to evaluate these months of sharing to see how we can continue living these characteristics and cherish this legacy of our Notre Dame heritage as well as challenge ourselves to continued growth. *By Sister Mary Annete, SND*

Formation: New Temporary Professed Sisters in Arusha, Tanzania

"Here I am, I come to do your will," was the theme shared by all the Sisters and formees at the celebration of First Vows in the chapel of our International Novitiate House in Njiro, Arusha,



Tanzania. Our second-year novices had so looked forward to their special day, but with Covid-19, it didn't look as though First Profession would take place.



Despite the pandemic, it was decided that the celebration could take place but without guests and the Sisters' parents. While this was disappointing, the fact that the celebration of First Vows could take place was an added joy. The novices were so grateful that Sister Mary Roshini, the Delegation Superior was there to receive their vows. The Sisters from Zinduka, along with Sister Mary Noela and the formees were present as well. Everyone was happy to be part of this sacred event. We are

grateful to Sister Mary Jyosita for preparing these Sisters for their First Vows. The Eucharistic celebration was officiated by Fr. Justin from the Missionaries of Africa and assisted by Fr. Sebastian, SDB

New Novices in Mpala, Uganda

"May you have the mind and heart of Jesus," was the theme for the intensive preparation for the eight new novices. Sister Mary Perna had been preparing the postulants and it became evident during this time of Covid-19 that the postulants would not be able to travel to Arusha, Tanzania to begin their novitiate. With the special permission of Sister Mary Kristin, our Superior General, our postulants could become novices and begin their novitiate in Mpala, Uganda with Sister Mary Perna as Temporary Assistant Novice Director. All was in readiness and the day went beautifully. We thank God that this could happen in the midst of the lockdown in Uganda and the pandemic. Surely our God is so very good! We are grateful to Sister Mary Perna for all her preparations.



New Postulants in Uganda and Tanzania

Life in the formation communities continued to be quite active even during this time of Covid-19.



Because of the pandemic, borders could not be crossed to have our formees enter their Postulancy in Uganda as planned.

Sister Mary Immaculate was preparing the pre-postulants for their next stage of formation as she continued her classes in preparation for this important step on their formation journey. She was supported in her classes by Sister Christine Marie.



June 22, 2020 in Buseesa, Uganda

Sister Mary Noela in Tanzania was also preparing the pre-postulants in the formation house in Tanzania. The Sisters in the Zinduka community were also supporting Sister with additional classes.



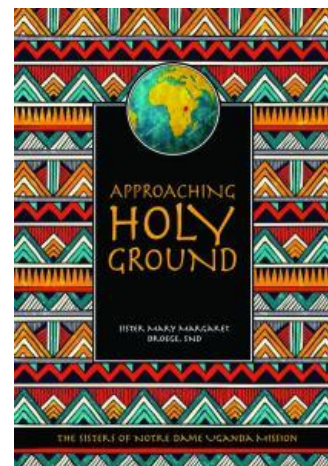
July 15, 2020 in Njiro, Tanzania

The prayer services and celebrations took place in both countries and their classes will continue. As soon as the pandemic clears the way for travel across borders, these postulants will move to their formation house in Mpala, Uganda. We are grateful to both Sisters Mary Immaculate and Noela for all their preparations.

From the newsletter team: Thank you so much for taking the time to read our July Newsletter. We hope you found it informative and interesting. You can look forward to a new edition in December. Let us continue praying for each other especially during this time of the pandemic.

On another note, if you are looking for a good book to buy that shares much about the history of our mission in Uganda, Sister Mary Margaret Droege chronicles the first 20 years of the Sisters of Notre Dame in that part of our Delegation. Based mostly on the letters of the Sisters, you will find it a very enjoyable reading. Congratulations to our Sisters in Uganda for celebrating their arrival 25 years ago!

*From you our newsletter team:
Sisters Mary Annete, Namita and Teopista, SND*



Contact: mmdroege@sndky.org
859-392-8109