

The New Group of Associates in the Holy Spirit East African Delegation



The Associate Candidates of the year 2024 spent about ten months in a formation program. They learned the brief history of our Congregation, our Charism, our Spirit, forgiveness, different forms of prayer, the Eucharist as the center of our lives, the social teachings of the church, etc.

On November 11, the Associate Candidates had a day of recollection on the topic of lay spirituality. This was in preparation for the Covenant Day planned to take place on the following weekend. The Candidates arrived at the convent of the Sisters of Notre Dame in Syokimau, Nairobi, Kenya, by 8:30 a.m. and were ready for the first talk at 9:00. They gathered for their tea break at 10:30 and continued with the second talk up to lunchtime. After lunch they had personal time for prayer and confession. This was followed by the Holy Mass. Before returning to their homes, they practiced the program for their Covenant Day.

On November 16, the Covenant Day began with the Sacrament of Reconciliation for any of the Associates in the first groups. This was followed by Holy Mass during which the covenant ritual took place. A few speeches of gratitude and the cutting of the cake followed. The day ended with an early supper.

All glory to God! There are sixty-three Associates in eight groups according to the year of entry into the Associate Relationship with the Sisters of Notre Dame in the East Africa Delegation.