

## Sexual Psychology Course at the International Formation House in Bataan



Sister Mary Mwende from Kenya, who completed the UISG (International Union of Superiors General) training program in July and then arrived in Bataan, led a one-week course on sexual psychology for first-year novices as part of the SND training program. This course was much more than a transfer of knowledge—it became a journey of deep inner exploration and challenge for the participants.

Confronting their own sexual identities and psychological patterns, the novices sometimes faced uncomfortable and unfamiliar questions. Yet through this process, they gained a deeper self-understanding and widened their capacity for empathy toward others.

New insights challenged their old ways of thinking, and through honest dialogue with themselves amid this inner turbulence, many were able to redefine the direction of their lives. This time was valuable not only for the classes themselves, but also because, for many sisters, it was their first encounter with an African Sister. The time shared with Sister Mary Mwende became a living testimony that, despite differences in culture and race, we are truly one family under the Notre Dame roof.

The lively African music and dance she introduced, along with the joy of preparing and sharing chapati—a traditional African dish—during the formation house schedule, provided beautiful opportunities for cultural exchange.

May the good Lord bless Sister Mary Mwende and grant her the grace she needs as she begins her mission of accompanying African postulants in experiencing God's goodness and discovering their vocation.