



**NEWSLETTER VOL. 2 No. 1  
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**2012 RENEWAL PROGRAM  
AUGUST 29 – DECEMBER 20, 2012**

This was the second year in which Sr. Fatima Nkuo directed a program for Tertiary Sisters in a sabbatical setting at La Verna Spiritual Centre in Bamenda. It provided a respite from their primary ministries of health care, pastoral work and education. As part of the program, they participated in classes designed to update their knowledge and understanding of personal and religious development as Franciscan women. Altogether, 12 persons took part in facilitating the program either through lectures or workshops. The Sisters of the Common Venture were well prepared to share with the sisters using visual aids, materials and language designed to the participants' level of understanding. The participants were helped to share their life experiences from the depths.



Left to right **Back row:** Sisters Thecla Awa, Marcia Lunz OSF, Emmanuella Monyuta'a, Fatima Nkuo: **Center Row:** Sisters Sophia Nchang, Vera Lontum, Bridget Manka, Mary Michael Lukong: **Front Row:** Sisters Catherine Yunnsai, Marie Therese Ngam, Gisela Vefo

Sister Marcia wrote: *Returning to Cameroon this year was like going home. The Sisters in the Renewal Program were new to me but very quickly we connected at the heart level during our formal and informal times together. The mutuality that we work for in the Common Venture is most evident in the "heart space" with each other. It is there that the deepest learning takes place for all of us.* Sr. Marcia wrote the following poem as a memoir of her experience.

**NATURE AND NURTURE  
IN CAMEROON**

*Dedicated to the Tertiary Sisters of St. Francis*

There is no shaking off the red dust that seeps and soaks and spreads around and into and through every external pore of one's being.

Rising from bronzed red clay,  
Pulverized by the wind,  
my vision is filtered through  
eye-level clouds of red dust.

There is no shaking off a Tertiary heart that embraces and enfolds and enlivens,  
Seeping into and soaking through  
and saturating  
the depths of one's soul.

Beginning from the first encounter  
initiated by the Spirit of Love,  
my vision is heightened through  
graced homecoming in Tertiary hearts.



Sister Fatima stated: *They very much appreciated it. It was a new experience for some which touched them to the heart. I can only say that the sisters went home feeling very grateful, renewed and transformed, ready to begin the second*

*half of their lives with a renewed spirit. I sincerely thank the Common Venture for this help given to our sisters.*

Five sisters from the Common Venture communities in the U.S. shared their hearts, their knowledge, and expertise in various areas, namely, Sisters Timothy Prokes and Sarah Doser, FSE (Meriden, CT), Sisters Marcia Lunz and Ann Kelley, OSF (Milwaukee), and Sister Karen Lueck, FSPA (La Crosse, WI).



Sisters Sarah Doser and Timothy Prokes FSE offered interactive spirituality and theology classes from September 10 - 26, 2012. 48 sessions were given during their segment of the Renewal Program.



Dancing with the TSSF, Sr. Ann Kelley (far left) remarked: *It was as if Sr. Karen Lueck, my Common Venture partner, and I were in the flow of a great river of living water, while we both received constantly and gave of our treasures.*



Sisters Karen Lueck FSPA and Ann Kelley OSF (center) became sisters as they shared all aspects of their first-time Cameroonian experience. They were also able to bring some

of their experience, expertise, and insight to the nine sisters in the program. While Ann taught in the morning such topics as Franciscan themes, prayer, spiritual guidance, and mid-life transition, Karen provided pastoral counseling in the afternoons. In addition, Sister Karen taught a few classes on personal growth issues, like shame and guilt, and expressing anger in a healthy manner.



Sr. Karen Lueck FSPA teaching

Sr. Marcia facilitated expressions in art through the process of creating a mural based on the Canticle of the Sun.



Mother Earth & Brother Fire created by the TSSFs in the Canticle mural under the direction of Sister Marcia Lunz OSF



Sisters Fatima, Karen and Ann jointly cut a cake for the farewell party.