Information Bulletin
Oct. – Nov.'26
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Missionaries of Christ Jesus



I lift my gaze, my eyes fixed on Jesus.
I lift my gaze, fixed upon the cross.
When I look toward heaven, everything is made new by His light.
I lift my gaze, I lift my gaze, I lift my gaze.
I was not made to look at the ground.

As I look at You, I know why I was born.
You created me to look toward heaven…
I am restless until I find my rest in You.

The Lord is my strength and my hope.
I will not waver [I lift my gaze].
He is the rock of salvation.
In Him I trust… and I do not tremble.
In Him I trust… and I do not tremble.
I lift my gaze… I lift my gaze… I lift my gaze…



("I Lift My Gaze – Hymn for the Visit of Pope Leo XIV to Spain)

Death is the flight toward the Eternal Embrace…

Commemorating the faithful departed and remembering our sisters who already enjoy the heavenly community confronts us with our own future reality. For this reason, the Church intercedes for our brothers and sisters who have departed; it does so through prayer, but above all, by offering the sacrifice of Christ in the Eucharist, so that they may continue to participate in the heavenly banquet within the arms of God.

Death is not the night that buries the path, but the silent dawn that opens us to a new dwelling place. It is not a wall against which the soul stumbles and dissolves; it is a translucent door—a silken threshold that each of us, in time with our own heartbeat, must one day cross.

Crossing this boundary does not mean being lost to oblivion; rather, it means shedding the winter of the body to put on an eternal spring. On the other side of the frontier of time—where light no longer casts shadows—the immense fullness of God awaits us. In that ocean of absolute love, the threads of embraces once interrupted will be woven together again. We shall look into each other's eyes once more—free from distance or absence—to dwell forever within the infinite heartbeat of the Creator.

Missionaries of Christ Jesus in the community in heaven

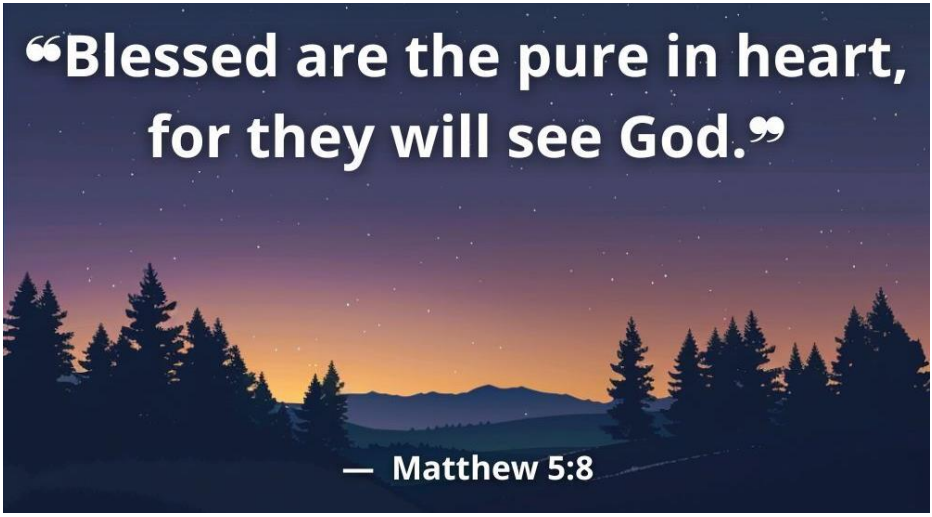
N.º	Nombre	Apellido	Fecha	Lugar
01	María Cruz	Sarasibar M.	19/03/1964	Javier - España
02	Quintina	Pérez López	11/06/1971	Santa Cruz - Bolivia
03	Margarita	Cifré C.	29/08/1971	Pune – India
04	Gloria	Tudela C.	10/04/1975	Bogotá - Colombia
05	María	De Borja C.	02/04/1976	Javier - España
06	Magdalena	Cortés T.	27/04/1977	Javier - España
07	María Dolores	Fdez. de Bobadilla	24/10/1985	Imbela - Zaire
08	María del Carmen	Planelles	07/08/1986	Javier – España
09	Mª Dolores	De Borja C.	01/10/1986	Javier – Navarra
10	María del Carmen	Moltó	14/02/1987	Pamplona – España
11	María Jesús	Sanz U.	04/07/1988	Javier – España
12	Mª Concepción	Sagaseta	15/08/1989	Javier – España
13	Elena	Aguirre O.	11/03/1990	Pamplona – España
14	(Tamie) María	Urushihara	03/01/1991	Tokio – Japón
15	Setsuko (Mª del Carmen)	Ikoha	17/03/1991	Yamaguchi – Japón
16	María Camino	Sanz Orrio	06/06/1991	Pamplona – España
17	Mª Ángeles	Cosculluela S.	24/02/1992	Tura – India
18	Philomena	Coults	28/02/1992	Bombay – India

19	Teresa	Lerga L.	27/04/1995	Javier – España
20	Mª Dolores	Cardeña B.	27/06/1995	Pamplona – España
21	Mª Josefa	Yanguas A.	06/12/1995	Pamplona – España
22	María Inés	Brondo S.	30/09/1996	Madrid – España
23	María Jesús	González P.	16/11/1998	Javier – España
24	Teresa	Marti F.	13/04/1999	Panzi – R.D. Congo
25	Engracia	Genua C.	07/07/1999	Javier – España
26	Presentación	Iturgaiz C.	08/03/2000	Pamplona – España
27	Leonor	Navarro F.	30/03/2001	Pamplona – España
28	Albina	Bronte M.	04/04/2001	Shillong – India
29	Amalia	Ramos B.	15/05/2001	Javier – España
30	Mª Mercedes	Vitrián E.	19/06/2001	Pamplona – España
31	Teresita	Anaut M.	23/06/2002	Pamplona – España
32	María Oliva	Martínez V.	18/06/2003	Tura – India
33	Mª Josefa	Haro	07/09/2003	Kole – R.D. Congo
34	Mª Milagros	Azpiroz I.	22/10/2003	Pune – India
35	Concepción	Arraíza J.	05/11/2003	Javier – España
36	Amparo	Álvarez G.	20/05/2004	Javier – España
37	María	Del Villar A.	10/06/2005	Pune – India
38	Eugenia	Nagore N.	03/11/2005	Javier – España
39	Concepción	Martel C.	06/11/2005	Javier – España
40	Teresa	Ustrell J.	23/11/2005	Javier – España
41	Margaret	Sangma	10/01/2006	Mendal – India
42	María Paz	Almazán H.	02/05/2006	Madrid – España
43	Isabel	Fuster R.	12/06/2006	Javier – España
44	Mª Ángeles	Azanza S.	26/09/2006	Pamplona – Navarra
45	Teresia	Alappat	20/12/2006	Tura – India
46	Pilar	Figuerola B.	14/03/2007	Javier – Navarra
47	María	Rodríguez G.	25/04/2007	Granada - España
48	Fumiko (Mª Asunción)	Kondo	13/05/2007	Hofu – Japón
49	Kishie (Lucía)	Urushihara	08/06/2007	Hofu – Japón
50	Pilar	González G.	22/03/2008	Pune – India
51	Feliciana	Alfaro J.	05/01/2009	Pamplona - España
52	Ana María	Suescun O.	26/05/2009	Suka – R.D. Congo
53	Caridad	Carbonell C.	08/10/2010	Shillong - India
54	Julia	Jimenez M.	21/05/2010	Pune – India
55	Asunción	Peña M.	18/10/2010	Javier – España
56	Amparo	López S.	17/12/2010	Valencia – España
58	María	Gordon	25/12/2010	Shillong - India
57	Trinidad	Goñi G.	17/01/2011	Pamplona – España
59	Amparo	Virto	18/06/2011	Valencia – España
60	Teresa	Rodríguez	29/08/2011	Javier - España

61	Isabel	Sagaseta	22/10/2011	Pamplona – España
62	Mª del Carmen	Ruiz - Cortazar	01/10/2011	Pamplona – España
64	Lydia	Sequeira	19/12/2011	Sonapahar - India
63	Juana	Amengual C.	29/01/2012	Javier – España
65	Amalia	Pereda	13/02/2012	Shillong – India
66	Nuria	Farré M.	06/08/2012	Pamplona – España
67	Amparo	Mateu C.	25/08/2012	Pamplona – España
68	Flavia	Carvalho	31/08/2012	Shillong – India
69	Teresita	Villanueva F.	30/08/1012	Pune – India
70	Montserrat	Martorell B.	26/01/2013	Javier – España
71	Isabel	Martin A.	17/03/2013	Mumbai – India
72	Mª Ángeles	Ercilla V.	25/05/2013	Shillong – India
73	Mª Amparo	Martínez V.	03/09/2013	Javier – España
74	Mª Dolores	Hernández G.	01/11/2013	Javier – España
75	Isabel	Aurusa U.	03/12/2013	Madrid – España
76	Joaquina	Pijuan V.	03/01/2014	Javier – España
77	Teresita	García G.	02/02/2014	Javier – España
78	Natividad	Minguito E.	15/02/2014	Cochabba – Bolivia
79	Mary	Lobo	27/02/2014	Pune – India
80	Mª Teresa	Ercilla V.	05/06/2014	Pamplona - España
81	Teresita	Vericat	07/06/2014	Pamplona – España
82	Usha	Kujur Kindo	22/06/2014	Shillong – India
83	Amalia	Maestre A.	13/07/2014	Pamplona – España
84	Celia	Fernández	09/07/2014	Hofu – Japón
85	María Pura	Menchaca	19/06/2014	Javier – España
86	Magdalena	Bosch S.	13/08/2014	Pamplona – España
87	Rosa Carmen	Vizcay A.	08/10/2014	Javier - España
88	Isabel María	Reinoso	02/03/2015	Pamplona – España
89	Juana	Bellido G.	20/03/2015	Pamplona - España
90	Amelia	García A.	11/04/2015	Cochabba - Bolivia
91	Ascensión	Benítez C.	14/05/2015	Javier - España
92	Consuelo	Doménech	08/06/2015	Pamplona – España
93	Mª Teresa	Valentí	15/07/2015	Javier – España
94	Aiko	Tonomura	11/11/2015	Onoda - Japón
95	Carmen	Tallo	11/03/2016	Javier - España
96	Maria	Rodríguez	29/06/2016	Caracas – Venezuela
97	María Cruz	Arriezu	26/07/2016	Javier - España
98	Yasuko (Magdalena)	Sakurai	22/08/2016	Hofu - Japón
99	Mª Teresa	Morencos	04/09/2016	Javier - España
100	Carmen	Doval	06/09/2016	Pamplona - España
101	Anunciación	Ereza	16/09/2016	Tokyo - Japón
102	Maria Lourdes	Palomas	04/12/2016	Javier – España

103	Mª Francisca	Rovira	13/03/2017	Javier – España
104	Elena	Ángel Díez	28/11/2017	Cochabba - Bolivia
105	Mary Joseph	Kadipurakat	02/07/2018	Shillong - India
106	Mª Socorro	Ladrón de Guevara	10/11/2018	Javier - España
107	Lucia	Yarza	12/11/2018	Javier – España
108	Margarita de la C.	Fernández del Castillo	02/02/2019	Pamplona - España
109	Orosia	Sanz Bronte	18/02/2019	Javier - España
110	Concepción	Marca E.	15/06/2019	Pamplona – España
111	Maria Teresa	Nogué Felip	21/06/2019	Barcelona - España
112	Helen	Nongrun	11/01/2020	Shillong - India
113	Marina	Gastón	25/01/2020	Javier - España
114	Josefina	Alfaro	13/02/2020	Pamplona - España
115	Guadalupe	Velasco	11/03/2020	Shillong - India
116	Juliana	Bazán	19/04/2020	Pamplona
117	Fumiko	Watanabe	05/11/2020	Tokyo - Japón
118	Margarita	Coll Frau	15/01/2021	Javier – España
119	Amparo	Alandes Pascual	17/01/2021	Javier – España
120	Elena	Albizuri A.	27/01/2021	Pamplona - España
121	Mª Dolores	Aloy C.	09/04/2021	Javier - España
122	Nuria	Cabecerán	17/04/2021	Javier - España
123	Meena	Lopes	21/04/2021	Tanakla - India
124	Mª Pilar	Ledesma	27/07/2021	Javier - España
125	Mª Dolores	Coca Nuño	02/12/2021	Javier – España
126	Mª Teresa	Unzu Lapeira	20/01/2022	Pune - India
127	Maria Dolores	Gómez Ramon	21/03/2022	Javier - España
128	Maria Ana	Colts Llena	31/03/2022	Elizondo - España
129	Maria Teresa	Martin M.	08/06/2022	Javier - España
130	Maria Consuelo	Gosalbez Martí	29/11/2022	Javier - España
131	María del Carmen	Oblanca L.	05/01/2023	Javier - España
132	Maria Pilar	Guedea Martin	08/03/2023	Javier - España
133	Carmen	Juan Ramos	21/05/2023	Javier - España
134	María del Carmen	Morales Meseguer	30/05/2023	Javier - España
135	Fuencisla	Alburquerque	22/07/2023	Javier - España
136	Emma	Limorte Cortes	07/09/2023	Caracas - Venezuela
137	Teresita	Valdés Sarasa	11/10/2023	Hofu - Japón
138	Marina	Val Dávila	21/01/2024	Javier - España
139	María Josefa	Magallares	23/01/2024	Madrid - España
140	Ana	Molins Llorens	20/02/2024	Javier - España
141	Rosario	López H.	29/03/2024	Shillong - India
142	Ana María	Farré Maluquer	20/04/2024	Javier - España
143	María Asunción	Villar Martínez	08/05/2024	Javier - España

144	Gloria	Indurain Ederra	27/10/2024	Javier - España
145	Catalina	Claverol Mut	06/11/2024	Javier - España
146	Maria de la C (Marita)	Fernández Salgueiro	27/12/2024	Javier - España
147	Mª Teresa	Bofarull Utges	13/01/2025	Javier - España
148	Odette	Ikopo Ngenya	03/02/2025	Kimwenza RDC
149	Ana María	Diaz	09/02/2025	Javier - España
150	Christina	Beck	08/06/2025	Pune - India
151	María	Valls	05/07/2025	Javier - España
152	Ida	Rodrigues	06/07/2025	Shillong - India
153	Mª Pilar	Pérez Bobillo	14/07/2025	Javier - España
154	Montserrat	Montagut F.	30/07/2025	Javier - España
155	Marie	Coutinho	02/08/2025	Pune - India
156	Mª Francisca	Montagut F.	08/08/2025	Javier – España
157	Encarnación	Hualde Aoiz	08/09/2025	Javier - España
158	Damelis Rosa	Reverol González	31/10/2025	Caracas - Venezuela
159	Ramona	Orcoyen Ustarroz	22/12/2025	Javier - España
160	Theresa	Lopes	01/01/2026	Gujerat - India
161	Roser	Montagut Freixas	03/01/2026	Javier - España
161	Francisca	Padial Padial	05/04/2026	Javier - España
162	Mercedes	Pérez Pérez	06/05/2026	Logroño - España
163	Mª Luisa	Escolano Pla	09/10/2026	Pamplona - España
164	Elizabeth	D'Souza	26/10/2026	Schillong - India



Spain

"We are all visitors in this time and place. We are just passing through. We have come to observe, learn, grow, love, and return home."



María Luisa Escolano P.

She was born in Real de Gandía on November 20, 1955, bringing joy to the lives of her parents, Ruben and María.

Her journey with the Institute began in September 1965, when she entered the house in Javier. It was there, on March 14, 1966, that she began her novitiate with great enthusiasm. However, God's plans would soon lead her across borders: she accepted the wonderful challenge of continuing her formation in the Congo—then Zaire—sharing the experience with another Spanish novice and three Zairian sisters.

With a heart full of dedication, she professed her first vows in Montgafula on March 14, 1969—at a time when the sisters did not yet have a house in Kinshasa. Years later, in March 1972, she reaffirmed her lifelong commitment by professing her perpetual vows in Pamplona.

María Luisa was a nurse by profession, but, above all, by vocation. She offered her expertise and care at the dispensary in Imbela, and later, she devoted herself to education at the Vocational Center for rural community facilitators in Popokabaka. She was passionate about teaching. Through her patience, her competence, and her wonderful, playful sense of humor, she quickly earned a very special place in the hearts of all her students, who saw her as a warm and approachable person.

In 1982, she returned to Barcelona to share her experience with new generations as a formator of novices.



Her missionary spirit led her back to Africa in 1988, this time to a nascent community in Rwanda. As a nurse, she spent years there of unforgettable intensity. Everything required embracing a new reality—the culture, the language, the climate—as well as the uncertainty of a highly unstable political situation. In November 1990, the reality of war struck close to home when rebels crossed the border, just a few kilometers from their village. With the pain of leaving behind all they had built—yet with their faith still intact—the community was forced to abandon the mission as the situation became untenable.

Far from giving up, in 1995 she set off with other sisters to face a new challenge in the far north of Cameroon. In that predominantly Muslim region, she dedicated herself with boundless enthusiasm to the advancement and care of women.

Upon her return to Spain in 1998, María Luisa continued to give of herself to others through quiet, humble service. She fully embraced every task entrusted to her by the Institute: serving as a local superior, regional councilor, nurse in Javier, head of the Spanish delegation, and—in her later years—a warm and wise mentor to junior sisters.

María Luisa always experienced the Institute as her true home. Her response to any need was always a generous, ready "yes." Because of her tenderness, her joy, and her unconditional dedication, she was—and will always remain—deeply cherished by all her sisters.

Today, with the peace that comes from a duty well fulfilled, María Luisa rests at last in the eternal embrace of our God—our Father and Mother.

“Blessed are those who die in the Lord. Yes, says the Spirit, they will rest from their labors, for their deeds follow them” (Rev. 14:13).

Thanks, María Luisa

Today, it is difficult to find the right words; your passing was so sudden that it still feels hard to believe you are gone.

Thank you, María Luisa, for being a remarkable woman, a cherished friend, and a companion on the journey. Thank you for being my Novice Mistress—our Mistress (Maria Jesus, Mari Carmen, Minto, Rosi, and me)—for what you sowed in me, for your teachings, for your warmth, and for everything you imparted—perhaps without even realizing it—simply through who you were and how you lived.

I will hold onto your serenity, the peace you so naturally conveyed, and your gift for building community, bringing people together, and helping each of us find our place. Your presence was a source of strength and confidence, helping us to walk forward together.

Today, here in Javier—our founding home—we bid you farewell with heavy hearts and a profound sense of emptiness; your absence will truly be felt. Yet, we also say goodbye with immense gratitude for the life we shared, for your total dedication, and for the lasting mark you have left on each of us.

Thank you for everything: for what you taught us, for what you shared, and, above all, for who you were.

Though your departure brings us pain and leaves us with so many questions, your life continues to speak within us. Your serenity, your deep sense of family, and the way you walked alongside others will remain a gift—a call for us to live in greater unity.

Today, we entrust you to the God in whom you believed and to whom you dedicated your life. May He embrace you in His peace, and may He grant us the strength to continue our journey, keeping your memory alive and allowing all the good you sowed to bear fruit.

Thank you, dear María Luisa—our Mistress, friend, and sister. Rest in the peace of God. We will not forget you. You will always be with us.



INDIA ELIZABETH D'SOUZA

Tura, Oct 26: One of the oldest missionary educators of St Xaviers School in Tura, Sr. Elizabeth D'Souza, is no more. She passed away this morning in Nirmali, Shillong. She was 83.

A devoted member of the Congregation of the Missionaries of Christ Jesus (MCJ), Sister Elizabeth dedicated her life to the service of God and the Church, touching the lives of countless children, families and communities, particularly among the tribal people of Northeast India. Having taught at St Xaviers for well over three decades, hundreds of Tura's citizens passed through the caring hands of Sr Elizabeth.

The Funeral Mass will take place on October 27, 2026, at 1:30 p.m. at Nirmali Chapel, Red Hill Road, Laitumkhrah, Shillong. The Mass will be officiated by Most Rev. Archbishop Victor Lyngdoh, DD, followed by burial at Laitumkhrah Catholic Cemetery in the presence of the sisters, friends, well-wishers and loved ones. The announcement was made by Sr. Maria D'Silva, MCJ, Regional Directress of the Missionaries of Christ Jesus, Region of India.

Born on September 8, 1943, in Mangalore, Karnataka, to Mathais and Juliana D'Souza, Sr. Elizabeth answered the call to religious life by entering the Institute of the Missionaries of Christ Jesus on December 3, 1971. She made her first religious commitment on May 24, 1974, and her final consecration on June 17, 1979.

For more than five decades, Sr. Elizabeth lived her missionary vocation through education, pastoral outreach and compassionate service to the poor. Her journey took her to Damra, Raliang, Tura, Mendal, Shillong, Maweit, Ziro and Mawkadeng in Jowai, where she served in various responsibilities as a teacher, hostel in-charge, assistant headmistress, school in-charge, Local Directress and Novice Mistress.

A gifted educator with a B.A. and B.Ed., she was proficient in English, Marathi, Hindi, Garo and Khasi. Her ability to communicate across languages

and cultures helped her build meaningful relationships with the people she served. Yet, those who knew her remember that her greatest gift was not simply her education or administrative ability, but her kindness, humility and genuine concern for others.

At St. Xavier's School in Tura, where she taught from the institution's early years, Sr. Elizabeth was remembered as a gentle, soft-spoken English teacher who cared deeply for her students.

Her commitment to education went far beyond the classroom. At a time when the school faced financial difficulties and could not pay teachers' salaries, she continued teaching voluntarily. For her, the education of children was not merely a profession but a mission she had embraced with faith and love.

She also made time to visit families and understand their struggles. During holidays, she accompanied fellow sisters to the Leper Colony, extending friendship and care to people who were often neglected by society. She worked alongside her students in maintaining the school, teaching them through her own example the values of responsibility, dignity and service.

Her life quietly demonstrated that missionary work was not confined to preaching or religious activities. It was also about standing beside people in their everyday difficulties and helping children find hope through education.

Former students from Mawkadeng, Jowai, fondly recall Sr. Elizabeth's dedication to the poor children of Madankynsaw, where she taught English at St. Dominic School. Her patient teaching, personal attention and concern for children from disadvantaged backgrounds left a lasting impression on those who passed through her classroom.

For these children, she was more than a teacher. She was a caring presence who encouraged them to learn, grow and believe in their potential. Her service among tribal communities reflected the missionary spirit of

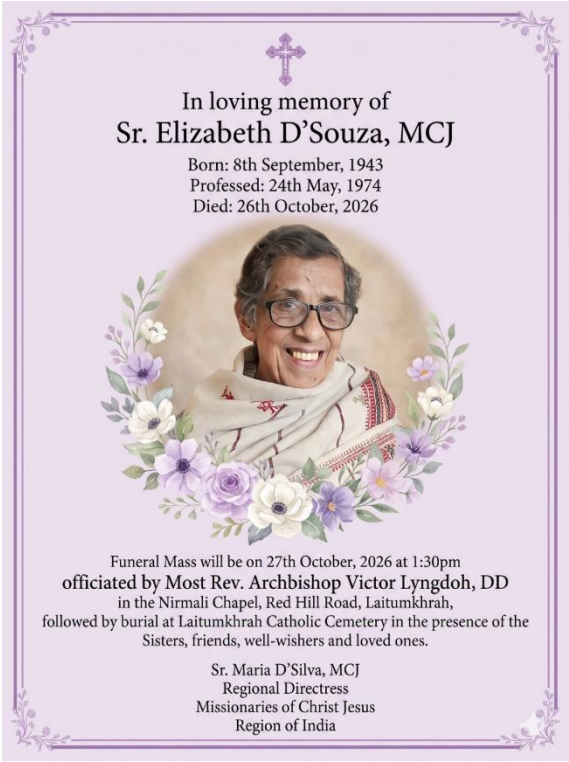
accompanying people with respect, compassion and a willingness to share in their joys and hardships.

Her missionary journey also took her to Ziro in Arunachal Pradesh, where she served the young parish with love and dedication under the guidance of Bishop Benny Varghese Edathattel.

Whether in the schools of Meghalaya or the emerging Christian community in Arunachal Pradesh, she brought the same spirit of commitment and simplicity to her work.

Those who encountered her remember a woman of discipline, humility and generosity, whose faith was expressed through everyday actions rather than grand gestures. She gave her time freely, served without seeking recognition and remained close to the people entrusted to her care.

For generations of students, particularly those from poor tribal families, her memory will remain that of a teacher who gave even when she had little to give, a missionary who accompanied people in their struggles and a sister whose kindness spoke louder than words.





70 YEARS OF MCJ PRESENCE IN VENEZUELA

"WELCOME MCJ TO VENEZUELA"

We thank God for the 70 years of the MCJ presence in Venezuela.

The first MCJ sisters arrived in the country on September 27, 1956: Margarita de la Cruz, María Josefa Yanguas, Presentación Iturgáiz, and Teresa Lerga. They arrived in Menegrande, Zulia State, to take charge of a primary school run by the Shell Company. Their objective was to serve as a support mission for Japan—specifically, to provide financial assistance to the Japan Region for the construction of a school.

In 1970, the mission became a formal Region. Our charism is evangelization; from that time on, we began living in working-class neighborhoods and immersing ourselves among the people.

The missionary spirit we inherited from our founding sisters—María Camino, Concepción, and María Teresa—as well as our devotion to the Christ of Xavier and St Francis Xavier, drives us to bring the light of the Good News to all communities through diverse activities and a wide range of professions.

As new sisters arrived, our presence expanded into various areas.

Gradually, our communities became international and intercultural, comprising sisters from Spain, India, the Congo, Venezuela, Bolivia, and elsewhere.

Today in Venezuela, we work in education (for children, youth, and adults), healthcare, pastoral ministry, residential care and protection for children and adolescents, social development, and psychological and spiritual accompaniment.

We are currently present in Maracaibo (Etnia Guajira neighborhood), Barquisimeto (El Cují sector), Caracas (San Pedro Parish School, El Paraíso, and Antímano), and Sucre (the town of Río San Juan). Together with Bolivia and Chile, we form the Region of Latin America.

Today, we thank God for the country that welcomed us, and—alongside our Venezuelan sisters, who make up the majority of our members—we joyfully say: "Thank you, Lord."







Margarita Riera

INDIA



"Mental Health and Mission in Religious Life".

Few months ago, the CRI of the Pune diocese held its meeting for all religious women and men. The topic was "Mental Health and Mission in Religious Life", quite an enlightening one. Having personally enjoyed a deeper awareness in this area, I thought of sharing with you all, some insights, nothing special, yet relevant to our Mission and apostolates today that needs extra flavour, as well as a witnessing component that is magnetic.

Insights:

1. If we are to be effective in mission today, we must begin by **Caring** for our own lives, mental and physical, in order to reach out to the other. Caring of the Self entails….care of the Body, mind, spirit, creation, community, serving others,healing, transforming……. Unfortunately, as active humans, we seem to be drowning in our own diverse activities and end up with a total neglect of the Self. Life is to be cared for, mainly our life, more than religious life as a whole.

2. The Mission entrusted to us is not merely a service, a task, an apostolate, a community….it is a commitment to be carried out with dedication up to the end. Jesus himself proclaimed: "it is **Giving and Receiving LIFE in abundance**". The quality of my life changes through that commitment. The mission entrusted to the Apostles (Gods mission) gave them Life…. they returned home with JOY. The Joy of the gospel…What about me? Do I reflect Joy when I return to my

community, my surroundings, to myself, experiencing a Joy from within, a positive wellbeing? If not, why not?

3. Mission and Health go hand in hand. It is not just the absence of disease, **it is what YOU ARE, more than what YOU DO….it is self-healing.** What is Mental Health? It is not a goal but a relationship with the Self, the body, the mind, the emotions. Look at the kind of questions we ask our children, fellow sisters, friends? Are they related to "doings" or feelings, or thoughts?

4. Check the level of peace I enjoy…. Am I comfortable with myself?
   Do I enjoy my own company?
   Am I basically a joyful person? Joy is an inner feeling; happiness is pleasure based.

Remember Self Awareness leads to Divine Awareness.

Sr. Melba





AFRICA

REVITALIZING PASSION FOR MISSION

Child malnutrition—a biological, medical, and social phenomenon—remains a reality in certain settings, such as northern Cameroon.

Child malnutrition remains a major public health issue, particularly in vulnerable communities. It most frequently affects a child's growth, psychomotor development, and immunity. Causes can include insufficient or unbalanced nutrition, recurrent or chronic illnesses, poor hygiene conditions, or even socioeconomic hardships. Prompt and appropriate care can reduce the associated morbidity and mortality, thereby fostering better growth and development for the child.

CARE FOR MALNOURISHED CHILDREN: nutritional treatment is carried out in stages, depending on the severity of malnutrition.

1. Early detection of malnourished children
The first step in treatment is to quickly identify children suffering from malnutrition. Screening is based, amongst other things, on measuring weight, height and upper arm circumference (UAC), as well as checking for possible nutritional oedema. Children are also examined to detect any associated illnesses or complications. This early screening enables the children identified to be referred swiftly to care tailored to their nutritional status.

2. Nutritional management involves providing the child with a diet tailored to their needs and state of health. In cases of severe malnutrition without complications, ready-to-use therapeutic foods may be used in accordance with current national protocols. Breastfeeding should be continued for infants and young children, as it provides a vital source of nutrients and helps

strengthen protection against certain infectious diseases. Therefore, nutritional treatment is not merely about feeding the child; the goal is to enable them to gradually regain a nutritional status that supports their growth and development.

3. Hospital treatment of associated illnesses

Malnourished children are particularly vulnerable to infections and other diseases. Consequently, it is crucial to rapidly detect associated illnesses and treat them based on clinical signs and national guidelines. Special attention must be paid to respiratory infections, diarrhea, malaria, and any other infection or complication that could worsen the child's nutritional status. Therefore, care must take a holistic approach to the child: the goal is not merely to correct malnutrition but also to treat the underlying causes and health issues that could hinder recovery.

4. Periodic monitoring and follow-up

Periodic monitoring makes it possible to track changes in the child's nutritional and health status. Weight, mid-upper arm circumference (MUAC), appetite, and the child's general condition must be checked regularly. Any deterioration in health, lack of improvement, or appearance of signs of complications should prompt a re-evaluation of the situation and, if necessary, referral to an appropriate care facility. Periodic follow-up ensures the child is not abandoned after the initial treatment but is supported throughout their nutritional recovery.



5. Family education and support

The family plays a vital role in the child's nutritional recovery. Healthcare staff has a duty to support parents and

raise awareness about the importance of a varied and adequate diet, breastfeeding, hygiene, safe drinking water, vaccination, and seeking early medical attention in the event of illness. This education enables families to better understand the causes of malnutrition and, above all, to adopt practices that help prevent relapse.
Consequently, the fight against malnutrition cannot be limited to medical or nutritional interventions alone; it also requires supporting families so they can take an active role in their children's health and development.

In conclusion, the treatment of childhood malnutrition relies on several complementary elements: early detection, tailored therapeutic feeding, treatment of associated illnesses, periodic monitoring, and family education. It also demands close collaboration among healthcare staff, parents, and the entire community to foster better growth and development for malnourished children.

Caring for a malnourished child is a deeply human act and, for a religious man or woman committed to the mission, a genuine act of solidarity and service to life. Each malnourished child who is welcomed, cared for, and accompanied thus becomes a symbol of a true mission fulfilled alongside vulnerable people living in precarious conditions.
Bogo, September 26, 2026

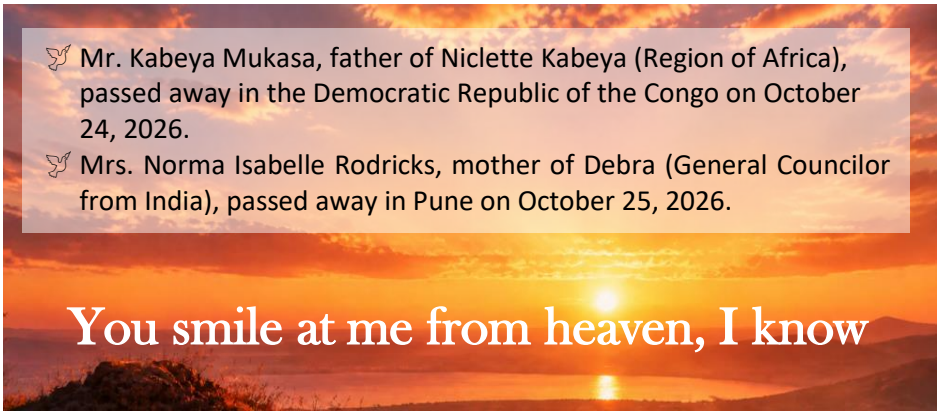
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