## **OLA - INTERNATIONAL PREPARATION FOR FINAL VOWS - LAGOS 2014**

Maryland, Lagos, Nigeria, 28<sup>th</sup> July, 2014

Dear Sisters,

May the grace, love and peace of God be with you!

During this month of July, we have learnt to understand who we truly are, which means our human personality. We have discovered that four parts are at play in the human person; the part that is known to her alone (hidden area), the part that is known to others alone (blind area), the part that is known to her and to others (open/free area) and the part that is known to God alone (unknown area). The theme was facilitated by Sr. Josephine Enenmo.

The recognition of the ideal self helps the individual to understand herself and others. We cannot live together if we do not understand ourselves. The life we spend together is a gift from God, so we have the responsibility to guard it with love. That also led us to reflect on non-violent communication and Conflict management in our communities. We learnt that there are four elements that help us to maintain non-violent communication;

- Observation of the situation.
- > My Feelings in the situation.
- > My Needs in the situation.
- > My Request .

The theme was facilitated by Sr. Hortense DOSSOUMON.

We had the opportunity to understand clearly our Charism, Spirituality and the place Mary in our OLA mission which helps us to live out the passion for mission which helped our founder and our early sisters. This missionary Spirit helped them to accomplish their mission ad-gentes.

Charism is a free gift of the Holy Spirit given to an individual or a group for the good of the church. The church is called to carry out the loving plan of God for humanity; we share in this mission of the church. God himself gave us this gift to share in his mission with others. It is a mystical experience to get to the particular aspect of God. Charism is a call to fraternity.

Spirituality could be an inner movement and an outward experience, a lived experience and a disciplined life of prayer and action, a quest throughout our lives that involves a dynamic synthesis, of the elements of the Christian faith into the fabric of our lives, so that they animate our actions. It leads to a transformation of our consciousness/lives.

Our OLA spirituality is that of the Cenacle, it is Apostolic and Marian, following the rule of St. Ignatius. Essential Elements of Ignatian Spirituality.

- ✓ Finding God in all things
- ✓ Contemplation in action
- ✓ Incarnational spirituality (identifying with the reality of life).
- ✓ Freedom and Detachment.

We share in the spirituality tradition of St. Ignatius of Loyola, which has nourished our missionary charism to give its peculiar OLA flavour. It nurtures our Charism.

The Cenacle experience is that of:

- Communal life
- > Prayer
- Discernment and
- > Transformation

The Cenacle represents the transformative potential of prayerful contemplation by the women and the Apostles; they were transformed into zealous missionaries, changing their fears into courage, their timidity into audacity.

The spirituality nurtures the core values of our Charism through:

- An integrated life
- Fidelity
- 4 Simplicity
- 🜲 Apostolic zeal
- Family spirit
- Gift of self
- ♣ Fruitfulness of the cross
- Seeking the will of God
- Availability, etc.

This was facilitated by Sr. Anne Falola.

We are called to continue this mission in our world today, to bring the love and joy of Christ to those who do not know him, in a spirit of Justice and Peace. We are happy to be Missionary Sisters of Our Lady of Apostles.

We had the opportunity to witness the first profession of vows of our four OLA novices at Ibadan on the 25<sup>th</sup> of July 2104. On Sunday, 27<sup>th</sup> of July, we renewed our vows at Maryland Convent Chapel.

Dear sisters, thank you for your prayers and support.

May Our Lady of Apostles continue to intercede for us, Amen.

Please find below some of the pictures we took at the Profession.

Our sisters



First Profession - Ibadan 25<sup>th</sup> of July

Renewals of Vows - Maryland , 27<sup>th</sup> of July





