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CARMELITE NUN'S PROFESSION OF VOWS AND VEILING CEREMONY

BY: MICHAEL J. JOHNSON



THREE CARMELITE SISTERS TAKE THEIR FINAL VOWS - THE FIRST IN 50 YEARS AT THE CARMELITE MONASTERY IN SAVANNAH, GEORGIA

After seven years of formation, Sister Anne Muthoni Mucunu, OCD, Sister Esther Ikhumba Chikati, OCD, and Sister Evelyn Kalondo Wambau, OCD, made their solemn profession of vows at St. James Church, Savannah, Georgia, on August 22.

The three Sisters left their homes in Nigeria to come to Savannah and join the Order of

Discalced Carmelite Nuns (OCD). The OCDs are a cloistered congregation whose charism is to spend their days in quiet contemplative prayer.

Bishop Gregory J. Hartmayer, OFM

Conv. spoke of the importance of the Carmelites in the Diocese of Savannah during his homily.

Here are some excerpts: "As a diocese, we are so blessed to have the presence of the Carmelite Nuns who continuously pray for the priests of this diocese and for vocations. We are grateful

for their strong witness and example of the contemplative life and a life devoted to prayer and sacrifice. We are most grateful to the Carmelites nuns for their dedication to consecrated life and their faithfulness to the Gospel.

What does it mean to have a community of Carmelite Sisters living in our diocese?

Pope Francis recently said that 'religious life ought to promote growth in the Church by way of attraction'. He said, 'The Church, therefore, must be attractive. Wake up the world! Be witnesses of a different way of doing things, of acting, of living!'

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Hugs: The “4” Letter Cure



Krystale Jane'l is a self-published author, content writer, and blogger for www.krystaleexplainsitall.weebly.com. She is currently working on her second novel titled, “The Root of All Evil” in the Undercover Life of a Diva book series. Krystale is very passionate about her community, faith, health, and empowering women. She has a Bachelor of Fine Arts degree in Creative Writing. Krystale currently works for the Little Rock Office of Child Support Enforcement.

Studies show most children show affection as a natural and spontaneous reaction towards their loved ones. During the time span of infancy through childhood most children are shown adequate amounts of affection from their parents or caregivers. However, studies also show parents

become less affectionate as the child reaches adolescence and become more independent.

In some homes, especially African-American, showing affection can seem awkward for the parent after the child becomes an adolescent. The stigma that dads showing affection towards sons is a sign of being emasculated is common belief in our community. One reason for lack of affection may also a fear that plagues our community; that showing affection toward a child of the opposite sex is deemed inappropriate and is just not acceptable behavior.

Misconceptions about showing affection towards adolescents may cause our children to seek affection from other places. Scientific studies show that simple forms of affection through hugging or a pat on the back increases levels of oxytocin; a

hormone released by the brain that gives feeling of love. It is also the primary hormone responsible for having healthy relationships and reduces feelings of stress and anxiety. Oxytocin also stimulates the pleasure hormone dopamine, and the hormone responsible for feelings of happiness, serotonin. Could it be that hugging your teenager could be a cure for those dreaded teenage mood swings?

Your child is never too old for affection. A simple hug produces many positive benefits for healthy social development. Psychotherapist Virginia Satir says, "We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth." The words, “I Love You” mean a lot, but the actions behind the words allow our children to know we care.



GOVERNOR ASA HUTCHINSON

GOVERNOR ASA HUTCHINSON ADDRESSES CYBERSECURITY IN DETROIT, MI; HONORED BY BORDER PATROL IN WASHINGTON, D.C.



LITTLE ROCK – On Monday, at the invitation of Michigan Governor Rick Snyder, Governor Asa Hutchinson, the former –and first – Undersecretary of Homeland Security, took part in an international cybersecurity summit in Detroit where he addressed the very real risks cybersecurity poses to the country's national security.

"I want to thank Governor Snyder for the opportunity to discuss this vital issue," said Hutchinson after the event. "With each passing year and techno-

logical innovation, it becomes clearer that there will be even more threats to this nation's cybersecurity — both in the public and private sectors — unless we address ways to make our business, public and private accounts safer."

On Wednesday, the Border Patrol Foundation (BPF) awarded Governor Hutchinson with the Founders Medal at a special event in Washington, D.C. The award recognizes Governor Hutchinson's significant leadership and commitment to the U.S. Border Patrol while serving as Undersecretary for Border and Transportation Security (BTS) at the Department of Homeland Security (DHS) from 2003 – 2005. BTS was the largest division of the DHS, with more than 110,000 employees.

"This is a great honor, and it's especially meaningful to me because I was privileged to help protect this great country after the 9/11 attacks," said Hutchinson. "I want to recognize my incredible colleagues who were with me in the early days at Homeland Security. Those were trying times when we were working to create a new federal agency under stressful and dangerous circumstances. It speaks to the character and ability of many dedicated Americans that we got it done."

About the Founders Medal: The Founders Medal was created in 2010 to recognize a deserving individual every year for his or her contributions to the men and women of the U.S. Border Patrol and "lifetime achievements" in the realm of protecting America at and beyond its borders. Other recipients have included Secretary Tom Ridge, USCBP Commissioner Ralph Basham, and Secretary Michael Chertoff.

More information on the Border Patrol Foundation can be found, CONTACT: Press Shop (press@governor.arkansas.gov or 501.682.3612)



WHY EDUCATION IS IMPORTANT FOR THE BLACK COMMUNITY

By Dr. Sinclair Grey III

Education is without a doubt crucial to the success of our students to compete for jobs. Let me take it a step further. Quality education that enforces and reinforces math, science, writing, and cognitive thinking will separate those who desire a prosperous future from those who are simply content with getting by. With so many people wanting our children to get a good education, the African-American community must never overlook nor neglect the importance of their history. That's right; history that deals with more than slavery within as well as outside of the United States.

Whenever an educational system fails to place a value on history, far too many of our students are deemed to make mistakes. As a strong proponent for education, I came across a program in New York called the [International Youth Leadership Institute](#) (IYLI). In particular, I was drawn to the areas in which this institute instills in their students: history, culture, geography, and environment. These areas of concentration along with leadership developmental skills assist in educating (not training) our African-American students to succeed. Please note: I use the word 'educate' because it comes from the Latin word, 'educare' meaning to 'draw out' (to draw out). If a system fails to draw out — then it's simply training our students to con-

form to a system.

Dr. Michael Webb, one of the founders of IYLI contends that African-Americans must understand the following:

1. The effects of enslavement and its aftermath directly affects our communities today in terms of unity, value, cooperation, and self-help
2. There must be a method of unlearning systems that have failed our children who are victims of residual effects
3. An analytical approach has to be implemented as to why things are the way they are
4. Resources around us need to be used to bring about intellectual and cultural freedom

A story reported in *U.S. News and World Report* (Jan 2015) stated "Educational expectations are lower for black children, according to [Child Trends](#), a non-profit and non-partisan research center that tracks data about children. Black parents, most of whom are less educated than their white counterparts, don't expect their children to attain as much education as white parents expect. Lower expectations become self-fulfilling prophecies, contributing to lower expectations from the student, less-positive attitudes toward school, fewer out-of-school learning opportunities and

less parent-child communication about school." *(This should be disturbing to every Black parent who reads this.)*

For so long, many of our children have been brain-washed into thinking education and intelligence is a 'white-thing.' This lie has done more damage and continues to have a rippling affect on the progress of our children. No longer must this lie continue. The challenge here is for every Black parent to demand the best from the school system. In addition to that, every Black parent must challenge the system as well as their child to excel in education. Idleness and mediocrity cannot be accepted in any way, shape, or form. When education is valued, lives change which leads to communities changing.

Dr. Sinclair Grey III is a speaker, writer, author, life coach and radio/television talk show host (Tuesdays at 7pm). Contact him at www.sinclairgrey.org; drgrey@sinclairgrey.org or on Twitter @drsinclairgrey



continued from Page 1

Top left, Sister Anne Muthoni Mucunu, OCD, Sister Esther Ikhumba Chikati, OCD, and Sister Evelyn Kalondo Wambau, OCD kneel prior to professing their vows at St. James Church, Savannah GA on August 22. Photos by Michael J. Johnson



How do Sisters wake up the world? The vows are impossible without a heart full of joy. They require total focus . . without distraction. How do consecrated religious wake up the world? They take the world in their hearts.

In their prayer . . things change, people are healed, life is transformed; their hearts expand and their hearts are full of love. They are in the world . . but not of the world.

He went on to say, 'It is possible to live differently in this world. Religious should follow the Lord in a special way, in a prophetic way. It is this witness that I expect of you. Religious should be men and women who are able to wake up the world.'"

THE AMERICAN CANCER SOCIETY WINN DIXIE ATLANTA HOPE LODGE ~ A HEALING PLACE!

By Sandra Cross

(A former Emory patient, 6 years free of Face & Neck Cancer)

Far right, Bishop Gregory J. Hartmayer OFM Conv. Gives a congratulatory hug to a newly professed Carmelite Nun. Photo by Krystal N. Oblinger. **Below, left,** Sister Esther Ikhumba Chikati, kisses the scapula of Sister Mary Elizabeth Angaine, OCD, prioress of the Carmelite Monastery prior to receiving vows, Fr. Pablo Migone, observes. Photos by Michael J. Johnson



The American Cancer Society's Hope Lodge provides free lodging and a home away from home for adult cancer patients and their families.

Guests who live 50 miles or more from their treatment center may stay at the Hope Lodge on a first-come, first-serve basis. Also, local cancer patients who need a short rest after treatment may stop in before going home. What you will not see listed in brochures is the ***faith, hope and love*** that envelops you while undergoing the challenges of cancer treatment.

In addition to their practical service, the Atlanta GA Hope Lodge offers programs to help you learn how to manage the physical, emotional and practical challenges cancer brings.

Listed are several of the wonderful programs offered at Atlanta Hope Lodge. All programs are open at no cost to all cancer patients, their families and friends and to cancer survivors as well.

~ **Yoga** | Yoga is a great way to renew the body, lower stress, and bring an inner calm and sense of well-being. It can also be an important aid to your body in its fight for recovery. Please wear comfortable clothing.

~ **Community-hosted Dinners** | Volunteer groups regularly provide dinners for all Hope Lodge guests. Join us for good food, friendship, and fun.

~ **Graduation Ceremonies** | Hope Lodge has one ceremony per week for all of the guests who will finish their cancer treatment that week. There is hope for a life with no cancer and they 'celebrate the beginning of it with you!'

"THANK YOU, HOPE LODGE FAMILY...GOD BLESS YOU!"

- From your Family at The Little Rock Sun Newspaper-





WELCOME PILGRIMS TO THE WORLD MEETING OF FAMILIES CONFERENCE SEPTEMBER 22 - 28, 2015 ~ PHILADELPHIA, PENNSYLVANIA *By Sandra Cross*

On September 21, 2015, the city of Philadelphia was 'all a buzz', preparing for the first World Meeting of Families' Conference, WMOF in the United States.



Travelers arriving at Philadelphia's International Airport, were immediately absorbed in the hype of the much anticipated visit of Pope Francis for the WMF Conference. Vendors selling pope memorabilia aligned the exits, pleasantly greeting the sea of visitors.

My emotions really became overwhelming as I boarded the plane in Savannah, adorned with my *Diocese of Savannah* book bag. I consider myself a well-traveled, 63 year old female, Black Catholic, having attended huge conferences in Africa



and Germany. However, I was deeply moved after being approached many times by people who wanted to share their comments, ask questions and/or offer blessings for my safe travel to see the Pope. Non-Catholics shared their feelings for His Holiness; many spoke with me as if I had a personal audience with the pope to impart their comments.

With my spirit fueled by numerous encounters with 'Pope Lovers' and surrounded by an intense atmosphere of excitement, I promptly sojourned to the multitude of diverse speakers, booths and materials, seeking answers to my issues as a Catholic.

The Convention Center along with the other magnificent sites proved to be a perfect venue for the 21,000 registered attendees. No expense or strategy was spared for the all-inclusive extremely well-organized spectacular

party, mass, festival, reunion or whatever it represented to each individual on the 2015 pilgrimage! Pilgrimage', is defined by American Heritage Dictionary-as a long journey /search, especially one of exalted purpose or moral significance. The WMOF met and exceeded the expectations of everyone with whom I spoke.

On my journey to see Pope Francis, my faith in people was restored, for six days, there were no reported incidents of violent acts, as the spirit of a charismatic Pope enveloped the city—many called it 'grace' I witnessed this grace everywhere, in the oddest happenstance, where challenges continually occurred and were instantly resolved with divine intervention, kindness and thoughtful discernment.

◇ On Day 2 | Day 3 as I looked for seating among the 7,000 pilgrims enjoying lunch, I asked a group of people of color (assuming they spoke English) if I could join them. They looked confused but nodded 'yes'. A couple at the table whose first language was Spanish tried to introduce themselves to the others in Spanish; we discovered that they (the guests who nodded) were West Africans from the Republic of Cabo Verde (formerly Cape Verde). By the end of the lunch, we learned that one of the West Africans had recently traveled to the Vatican to witness her cousin become a Cardinal. *Grace!*

◇ On Day 4, I attended Mass among a endless sea of people representing diverse cultures, mixt hues and simultaneously speaking languages that resounded like a choir. I was overwhelmed by the prayers, music and uniform recitation of the audience as we celebrated the faith we all shared. It was difficult not to become swept-up by the pageantry of the Mass, as we watched over 200 Bishops, Cardinals and Knights of Columbus outfitted in full regalia filing past us. In another example of a simple act of grace—a tiny girl, maybe three years old, standing at the end of her row, began to wave, at the proces-



sional of Bishops, Cardinals and Knights exiting. In spite of her petite size and wee voice, she was able to capture the attention of each clerical as they past; each paused briefly to

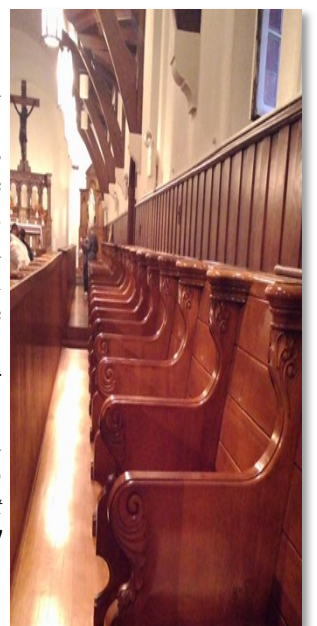


acknowledge her presence; they kissed or shook her small hand, gestured the sign of the cross upon her little face and offered her blessings, as she laughed and thanked each one. *Grace!*

◇ On Day 5, our pilgrimage moved swiftly; the Savannah delegates were provided an opportunity to attend Mass and tour the National Shrine of St. Katherine Drexel in Bensalem, PA. The evening ended with 'A Taste of Philadelphia' soiree which offered time-honored Philly edibles and a surprise performance by a local 'Mummer's String Band.

◇ On Days 6 | Day 7, Pope Francis' appearance on Saturday and Sunday produced an atmosphere of jubilation. Everyone was filled with excitement, some were moved to tears, some screamed and cried, while others hugged and cheered as if 'a touch-down had been scored'. As the popemobile became visible on the Jumbotrons, (large-screen televisions), young and old folks alike, rushed to the locations nearest to the Pope's path. Putting away his prepared text, speaking from his heart, Pope Francis said, "*God sent his son into a family and he could do this because it was a family that had a truly open heart.*" His message so humbly delivered, made his directives a personal mandate for everyone seek change! "Never let the day end without making peace" Pope Francis stated.

On Sunday, September 27, Pope Francis, affectionately and perhaps officially became the people's pope. He removed the perfunctory barriers between catholic and protestants to reveal himself as the Pope for all people allowing us to all be better family members, better neighbors and Children of God, no matter our faith...yet another act of Grace!



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