

That in Every Way, Christ is Proclaimed—Phil. 1:18

THE PRESBYTERIAN ECHO



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EDITORIAL

Embracing the Cycle of Recurring Beginnings



Rev. Dr. Perpetua FONKI

Life is a journey filled with a series of beginnings and endings. Each new chapter brings with it the opportunity for growth, change, and transformation. However, there are moments in life when we find ourselves faced with recurring beginnings – situations or experiences that seem to repeat themselves,

challenging us to reflect on their significance and the lessons they hold.

The concept of recurring beginnings can be seen in various aspects of life, from personal relationships to career paths, from spiritual growth to mental well-being. These cycles offer us a chance to revisit familiar territory, to learn from past mistakes, and to approach each new beginning with a fresh perspective.

One of the key aspects of recurring beginnings is the opportunity for self-reflection and introspection. When we find ourselves in a situation that seems all too familiar, it is important to pause and ask ourselves what lessons we have yet to learn. Perhaps there are patterns

of behavior or thought that we need to break free from, or unresolved issues that require our attention. By acknowledging the significance of these recurring beginnings, we can take proactive steps towards personal growth and development.

Moreover, recurring beginnings can also serve as a reminder of the cyclical nature of life. Just as the seasons change and the sun rises each day, we too experience cycles of growth, stagnation, and renewal. Embracing the ebb and flow of life's recurring beginnings can help us cultivate resilience, adaptability, and a deeper appreciation for the journey we are on.

In the realm of personal relationships, recurring beginnings can offer us a chance to mend broken connections, forgive past grievances, and build stronger bonds with those around us. It is through these cycles of reconciliation and renewal that we can nurture meaningful relationships and create a sense of harmony and unity.

In conclusion, recurring beginnings in life hold a profound significance that should not be overlooked. They challenge us to confront our past, embrace change, and embark on new journeys with courage and humility. By recognizing the lessons and opportunities that these cycles present, we can navigate life's twists and turns with grace and resilience.

Let us embrace the cycle of recurring beginnings as a gift, a chance to grow, learn, and evolve into the best version of ourselves. May we approach each new beginning with a sense of curiosity, gratitude, and openness to the endless possibilities that lie ahead.

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PHIHTBS Sends Forth Pioneer Batch of Nurses

By Cecilia Mojoko Kondo



The Presbyterian Higher Institute of Health Technology and Business Studies (PHIHTBS) has graduated its first batch of students consisting thirty (30) nurses, with Claris Manka Suh, graduating as best student with an overall GPA of 3.6.

The day equally saw the matriculation ceremony of sixty (60) nurses who through their matriculation oath pledged to abide by the institution's rules and regulations as well as the ethics of the nursing profession.

High moments of the event included; Key note addresses, speeches, an academic discourse, performances by the students, presentation of gifts among others.

The Synod Clerk of the PCC- Rev. Miki Hans Abia, Development Secretary, PCC- Mrs. Jessie Mpwatch, Health Services Secretary, PCC- Dr. Nyaah Fidelis, and the Vice- Chancellor, Cameroon Christian University (CCUI)- Dr. Kate Tande were some among the dignitaries who graced the event.

At inception, this institution was called Presbyterian Nursing School (PRESNUS).



The ceremony that took place on Thursday, January 25 at the hall of Presbyterian Church Down Beach was presided over by the Moderator of the Presbyterian Church In Cameroon (PCC), Rt. Rev. Dr. Fonki Samuel Forba, who called on the graduates to exhibit ethical and moral skills wherever they practice after graduation and be ambassadors of the institution. "We are hopeful that they have been well drilled in this medical profession and we are confident that the drilling has incorporated moral and ethical values to enable them to be able to excel in the field", he said.



PC Buea Station Opens CMF/CWF 2024 Study Book

By Daniela Itoe



The Parish Pastor of Presbyterian Church PC Buea Station, Rev. Naela Lyonga has officially opened the study year and study book of the Christian Men Fellowship CMF/Christian Women Fellowship CWF study book for the year 2024.

This was in the course of a divine service on Friday, January 12, 2024 at PC Buea Station that grouped



the men and women of both movements.

The CMF/CWF study book for 2024 is structured under the theme: "Be on the alert", with watch word "And pray always", Luke 21:36.

According to the President of CWF Buea Station, Mme. Nchong Dexter, this year's theme is not only timely but also impactful.

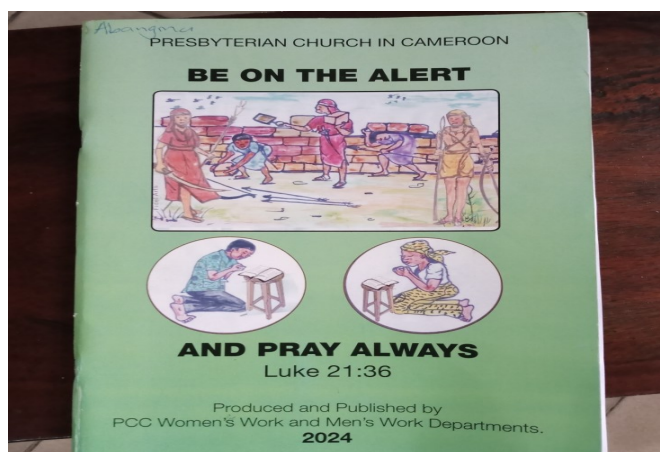
"It is very timely because we are living in the world of so many evils; friends betraying friends, members betraying members, sisters betraying sisters. So we need to be alert of the devil and be

prayerful. If you pray once a day you need to pray twice. I pray this study book impacts my life this year", she said.

She was corroborated by the President of CMF Buea Station, Mr. Mbeng Enow Franklin. He said a lot of doubt has been cast in the minds of Christians, their faith has been tested due the multiple challenges they face in recent times. He added that the theme comes to encourage Christians to be resilient, and to be focused and fast and pray so that they will be able to withstand the devil.

Parish Pastor of PC Buea Station, Rev Naela Lyonga while appreciating this year's theme, expects that the study book will spur the members to be spiritually alert and prayerful.

"My expectation is to see men and women rooted in scripture, devoted in prayers and always alert against the evil schemes of the devil", he averred.



Synod Office: Spiritually Upright Workforce from 2024 Onwards

By Angwi Njamah



The morning hours of Friday 5th of January 2024 saw staff of the “Holy Hills” of the Synod Office make their way up to the church house for the first morning devotion of the year which doubled as an opening service, welcoming the staff back from the holiday festivities.

and mutual respect amongst staff.

The National Communication Secretary of the PCC, Rev. Dr. Mrs. Perpetua Fonki also drilled staff on basic work ethics which involve shunning presentism and eye service.

This welcome service also featured a talk from the Human Resources Manager Mr. Abinwi Jude Muyo who reminded staff of the dress code.

The Financial Secretary, Mr. Ngole Mbuayo Ndive then reminded them to be prudent in their expenditure not pass-by any opportunity to invest and also to save finances so as not witness any financial setbacks throughout the year.

At the end of the opening service the staff went to their different offices poised for work and grateful to hierarchy for taking out time to remind them of their responsibilities, and duties promising to do their best not to falter.



Present to welcome them was the Synod Clerk of the Presbyterian Church in Cameroon (PCC)/Chief of staff, Rev. Miki Hans Abia who extended wishes from the Moderator the Rt. Rev. Dr. Fonki Samuel Forba who was unavoidably absent.

On his Part, the Rev. Miki Hans Abia called on staff to take their work seriously and went on to emphasize that the spiritual life of workers will be paid keen attention to and any lapses in that domain will not be tolerated this year on. He also highlighted on the need for team work



Tingeh Prayer Cell Receives Aid

By Rev. Alota Victorine



Made up of three congregations and one prayer cell, Babanki Tungoh, fondly described by the Presbyterial Secretary for Tubah-Boyo as the "Switzerland of Tubah-Boyo Presbytery", due to her beautiful scenery and weather, was privileged on Thursday, January 11, 2024 to receive aid for the roofing of the church house of the Tingeh Prayer Cell.

assignment, will always seek to improve on the building day after day. This is so because love always gives (Jn. 3:16).

The donor, the Rev. Foncham Patrick, founder of " Partners for Church Development, reassured the Christians that building God's house is the best thing one can ever do; for it is legacy that is from earth to heaven. He proceeded by briefing the Christians on the aims of the organization that started some four years ago with principal aim of fostering church development.



The Parish Pastor, the Rev. Ngeh Stephen, the Chairperson of the Prayer Cell, Elder Mrs. Njong Emmerencia and Christians were overjoyed for the great mark of love shown them in the presbytery. In order to demonstrate love to God for such wonderful initiative, the few Christians who were present at the occasion spontaneously raised funds that amounted to 60.000CFA Franc led by the Presbyterial Secretary to add to the 200.000CFA Francs offered by the founder of Church Building and Development, on behalf of the partners of the organization.

Inspired to preach from I Chron. 28:10, the Presbyterial Secretary for Tubah-Boyo Presbytery, Rev. Numfor Godwin, appealed to the Christians, who were already at the verge of giving up work at the church construction site to "Be Strong and Do the Work". Though in the midst of hardship and difficulties, he urged them to keep on keeping on, for the journey of a thousand miles always begins with a step. Above all, God cannot start anything without taking it to completion. It is an honor for us to build the sanctuary of the Lord, for it is a place of safely and solace to all who feel downcast, rejected or dejected by the society he added. The Presbyterial Secretary further appreciated the efforts of former pastors through whom the vision of building God's house came to being; the Rev. Cleopas Che and the Rev. Ngeh Stephen for the spirit of positive continuity. The Christians having in mind that God has chosen them for this great

Speaking to the Christians, the Presbytery Chairperson, Elder Mrs. Ambanasom Frida thanked the hierarchy of the Church for having blessed Tubah-Boyo Presbytery with a visionary leader like the Presbyterial Secretary. She called for collaboration amongst the Christians and pastor, and for hard work.

In response to all that took place, the Presbyterial Secretary brought regards from the Moderator of the Presbyterian Church in Cameroon (PCC) to the Christians, and appreciated the vision of the Rev. Foncham Patrick and his organization. He promised the donors to oversee strict accountability of the aid offered and above all he wished all a blessed New Year 2024.

It should be noted that this was the second time in less than one year that the Presbyterial Secretary of Tubah-Boyo Presbytery, on behalf of the Presbytery led the raising of Funds at Tingeh Prayer Cell for the construction of the church house.

The Presbyterial Secretary blessed all who have contributed in whatever way in bringing the work to the level at which it is.

PC Bokwai Dedicates Five New Sunday School Teachers

By Daniela Itoe



The number of Sunday School teachers of PC Bokwai has increased, following the dedication of some five new Sunday School teachers to foster the ministry of the children in the congregation.

This was in the course of a divine service on Sunday, January 7, 2024, officiated by the Sunday School teachers under the watchful eyes of the Parish Pastor of PC Bokwai, Rev. Lifongo Paul Ekema.



The divine service was also an opportunity to showcase to the congregation what the Sunday School teachers do on Sundays in teaching Sunday School.

One of the newly dedicated teachers, Sombo Emmanuel said "I am happy, with the blessings and I hope that through this dedication I will continue to put more of my service towards the Sunday School and to ensure that the Sunday School grows from grace to grace".

The Head Teacher of Sunday School Bokwai, Elder Ntui Oben on his part thanked God for the strides registered thus far in the children's ministry. He further used the opportunity to assure the congregation that several activities will be held to continue to equip and empower the teachers.

"I am very happy and glad that we have dedicated five new members, we have others who are still to be dedicated but we thought that these ones that we have dedicated today are ready for dedication", he said.

"We don't see them falling back, they are always there that is why we keep on organizing activities to encourage them. We have classes, we have teens programs, we discuss, we pray together to ensure that they are strengthened, they are empowered ", he furthered.

Parish Pastor of PC Bokwai, Rev. Lifongo Paul Ekema encouraged the new Sunday School teachers to continue to handle the children's ministry with care since it is the future of the church.

"They have taking a bold step and they should know that they are in the ministry where we count on because the children's ministry is the church of today and for tomorrow and if they fumble it means that our church will not be able meet up with what we are supposed to do and I pray for them that the rejuvenation spirit that has come into the church now will empower them to carry on with this task", he said.

The one of its kind service also saw the award of certificates of recognition to some pillars of Sunday School and some outstanding Sunday School teachers of PC Bokwai.



New Dawn For Presbyterian Health Centre Meli

By Rev. Alota Victorine A.



Presbyterian Health Centre Meli, lone institution in Tubah-Boyo Presbytery, Ngwainkuma Parish has received new medical kits.

The occasion took place Tuesday 10th January 2024 at the Presbyterian Health Centre, Meli, presided at by the Presbyterial Secretary (PS) for Tubah-Boyo, the Rev. Numfor Godwin, who also doubles as the Webmaster of the Presbyterian Church in Cameroon.

Meditating from Deuteronomy 33: 26-29 on the theme "Always Speak Words of Blessings", the Rev. Ngwena Christy, Chaplain of the institution, underscored the importance for leaders to bless and not curse those who take over from them in office, just like Moses, the great leader did. No matter how tough or difficult working conditions might have been for the staff in the past, she spurred words of hope and encouragement from the Word of God to them. The coming of the presbytery hierarchy to the institution also guaranteed them that the lines are falling in pleasant places for them.

Welcoming the Presbyterial Secretary and his entourage, the out-gone Chief of Centre of the institution, Mr. Chuikusho Diederote, expressed satisfaction for the first official visit of the presbytery hierarchy to the centre in 2024, a visit that is pregnant with many good tidings for the staff and institution.

Addressing the staff and Community Health Workers and some patients who called around the centre at the time of his visitation, the Presbyterial Secretary lauded the efforts of the former administrators for having kept the institution afloat in spite of the crises that rocked the area. He also expressed gratitude to the patients for trusting the services rendered at the centre. Thus, they should be ambassadors to the community for what they have seen first hand.

Some medical kits: Brand new microscope, Fetal Doppler, blood glucose and pulse oximeter, were handed to the present administration to enhance productivity for the welfare of the community and the presbytery as a whole. This gesture was received with much joy as the staff felt optimistic for the future of the centre

and by extension their working conditions ameliorated not only physically, but financially as well.

In a bid to ensuring a smooth transition, a working session followed thereafter with the out-gone administrator and the in-coming under the auspices of the Presbyterial Secretary and other presbytery officers amongst whom were the Presbytery Chairperson, Elder Mrs. Ambanasom Frida, Presbyterial Treasurer, the Rev. Mengi Alfred and the Synod Presbytery Delegate, Elder Gwe Phillip and the Chaplain of the institution. As a church's investment, the institution should and must remain an asset to the presbytery and not a liability the Presbyterial Secretary emphasized.

Addressing the staff the Presbytery Chairperson thanked the Presbyterial Secretary for his sensitivity in reacting promptly to the needs of the centre. She equally urged the staff to make themselves available whenever need be in order to satisfy the needs of the community. With humility as watchword, they will do exploits she ended. The In-Coming Chief of Centre on her part deeply appreciated hierarchy for having found her competent to handle her new office. With the new equipment, she pledged to be loyal in her services as she promises to work hand-in-gloves with other staff members for better productivity.

The Presbyterial Secretary acknowledged the presence of the Community Health Workers and called on them to do wide publicity about the centre. As Ambassadors, their manner of approach to patients is crucial for the growth of the centre and with respect for one another, a stronger bond will be established for the glory of God. Equally, the Presbyterial Secretary extended words of gratitude to the Rev. Mengi Alfred, Presbyterial Treasurer for Tubah-Boyo for his great support towards the growth of the centre. To the Synod Representative for Tubah-Boyo, the Presbyterial Secretary urged him to speak well of the centre in social and religious cycles in and around Boyo.

It should be noted that, Mrs. Tima Havilah Ebemsimbom takes over from Mr. Chuikusho Diederote as New Chief of Center Presbyterian Health Centre Meli.

Sunday School Rally Small Soppo Parish

By Angwi Njamah



Sunday School rallies always kick start rally activities according to the calendar of the Presbyterian Church in Cameroon. Rally activities for the Sunday School take place at parish level. In Fako North Presbytery one of those parishes is the Small Soppo Parish. Rally activities at this celebration ground saw six (6) out of the eight (8) groups



children and above all to not stop the children from participating in church activities.

Present to supervise rally activities was Brother Otto Mondo, Bokwaongo Parish Sunday School representative. Other clergy who were present through rally activities at PC Bokwaongo were, the Rev. Dr. Perpetua Fonki, National Communication Secretary PCC, Rev. Ndohnwi, Presbyterial Treasurer Fako North Presbytery, and Rev. Njie Christine Talance Parish Pastor PC Tole Meveo.



answer present. The Sunday School kids from within this parish thronged the church house of PC Bokwaongo with bright faces Sunday, January 14, 2024 poised to play their part in ensuring that the PCC marches on.

The kids took part in activities typical of a rally such as bible drill, bible quiz, liturgical singing, exhibition of items, ballet and reading of the message of the National Sunday School Officer.

The sermon of this day was delivered by the Parish Pastor of PC Bokwaongo, the Rev. Ajongaku Moris who called on parents to be the example of what they want to see in the



CBS Radio Buea, ASCOA Partner for Cleaner Beaches

By Boris-Karloff Batata



The Christian Broadcasting Service (CBS) Radio Buea has partnered with the Association for Community Awareness (ASCOA) to launch the Cameroon Beach Cleanup day 2024.

The event to launch the Cameroon Beach Clean-up day took place on January 20, 2024 in the Coastal Cities of Limbe and Douala. The event brought together close to 1000 volunteers under ten different local organizations.



CBS is a community radio broadcasting 60% community content and 40% religious content. And one of the Radio's thematic is Environmental Conservation. That is explains the partnership between the Radio and ASCOA, to contribute in the fight against marine pollution.

Present to launch this activity was the South West Regional Delegate of Environment, Nature Protection and Sustainable Development Set Ekwadi Songe. He used the opportunity to applaud the efforts of local organization's fight against marine pollution.

"We are not sure that as a Ministry of Environment we can work alone that is why we are happy to have partners, NGOs volunteers coming together so that we can beat plastics", he said.

The volunteers were instructed to carefully sought out the various pollutants along the Limbe coast line. Common amongst the waste are plastic bottles, leads, footwear, toothbrushes and others.

One of the volunteers, Motoko Victorine said "I am picking glass bottles and I have to separate them from plastics" she added that "from what I can see, the dirt is too much."

Activities to launch the Cameroon Beach Cleanup also included weighing different elements of waste in order to get accurate statistics. Akiambom Theophilus is incharge of weighing. He said "it is good to have data banks for statistics of these diverse waste, you mostly see leads of containers, bottles and it shows that there is a lot of waste here."

Cameroon is a signatory to the Abidjan Convention of August 5, 1984, for Co-operation in the Protection and Development of the Marine and Coastal environment of the West and Central African Region and protocol.

The general obligation of the convention states that "Contracting Parties shall, individually or jointly as the case may be, take all appropriate measures in accordance with the provisions of this Convention and its protocols in force to which they are parties to prevent, reduce, combat and control pollution of the Convention area and to ensure sound environmental management of natural resources, using for this purpose the best practicable means at their disposal, and in accordance with their capabilities."

Presbyterian Sporting Meet 2024: Students Showcase Sporting Talent, Build Camaraderie

By Sontia Binda



After 8 years of recess, the Presbyterian sporting meet has made its comeback. The sporting meet is meant to bring together students from different PEA schools to take part in different sporting activities; football, handball, volleyball, athletics, scrabble among others. The 2024 edition of the Presbyterian sporting meet that held at the Presbyterian Comprehensive Secondary School (PCSS) Buea saw the host, PCSS Buea emerge overall winner.

The different delegations from seven PEA schools took part in collective and individual sports like football, handball, volleyball, athletics, scrabble.

Some schools that emerged winners in some particular domains expressed delight and satisfaction as they gave in all to get through, like PGSS Limbe that emerged top in Girls' football and scrabble as well as PCSS Buea, host school, that emerged winners in many disciplines thus toping the table.

Dr. Hans Itoe , principal of PHS Kumba , a school created in 1963, the very first school of the PEA that equally took part in the games was very delighted for this re-launch despite the long distance. "The school has been non- existent for almost 8 years now due to the lock down. We thought it wise that the children who are living in Kumba because of the crisis, would use this opportunity and not be left out. No matter the cost, the expenses that we incurred, we made everything possible for them to be here to witness what students have been witnessing 20 years ago", he confessed.

Schools that took part in the 2024 sporting meet re-launch at PCSS Buea are: PCSS Buea, PGSS Limbe, PCHS Limbe, PCSS Bonamoussadi, PSS Douala, PHS Kumba and PCHS Fiango kumba .The 2-day event was placed under the theme "Peace and Harmony" drawn from Psalms 133.

A cultural festival, lighting of the Olympic flame, majorette group, 'Malee' dance group also featured in the sporting meet re-launch.



Chairing the sporting meet at PCSS Buea, the Education Secretary of the PCC, Njie Samuel Kale, revealed the importance of this re-launch saying "We all feel excited and elated that God willing we had to do this re-launch because the last edition was in 2016 in January and since then we have been in crisis. "

The Education Secretary of the PCC added that the importance of the games is to enable the students showcase their talents as all learning without playing brings academic stagnation. These games as he reiterated is a means to discover themselves and most importantly bring about a great camaraderie with each other from various campuses.

He exhilarated the students to be disciplined in whatever they engage in. They should respect the rules and regulations, not indulge in immorality as the motto goes "High quality education and morals."



Presbyterian Sporting Meet 2024 Relaunch North West Region

By Nchang Carine



Students of Presbyterian Schools in Cameroon have been encouraged to see their sporting Meet as a sign of a bright future

This message of encouragement came from the Moderator's Representative in the North West Region Rev Dr Fai Micheal during



the 2023 edit of the sporting Meet which brought together students of more than 10 Presbyterian Schools in the Northwest Region. Converging on PSS Mankon under the theme "Peace and Harmony" these students participated in Handball girls and boys, Football boys and girls, table tennis amongst others. According to Ayaba Alvine, football girl player of PSS Azire, the event was exciting "I'm so excited to be attending the Sporting Meet for my first time, apart from the games, I have been able to meet friends new friends from other Presbyterian schools. While expatiating on the Theme Peace and Harmony, the Moderator's Representative in the Northwest Region noted that the future was bright" These are signs of hope, schools have been functioning academically but not having Holistic training and now that we have these openings through which students can be able to exercise themselves, I believe that these are signs of hope that the



future is going to be bright" In addition to that, the Moderator's Representative NWR encouraged the students to be the future of the Presbyterian Church" The students should realize that the future of this church, the future of this country is in their hands, we want to have healthy people who can role this country and that's why sports is part of their training to be healthy both Intellectually and Physically. It's worth noting that the last edition of the Presbyterian Sporting Meet took place in January 2016.



Nigeria Defeats Cameroon Again

By Metuge Stanley



Saturday 27th January was another night of truth between the Indomitable Lions of Cameroon and the Super Eagles of Nigeria. The Felix Houphouët Boigny Stadium in Abidjan Cote D' Ivoire, the battle ground of the 1984 Afcon final between both nations

Coach Rigobert Song Bahanag in his 2 year spell with the Lions.

Song has played a total of 23 games winning 6, recording 8 draws and losing 9. To make matters worse, Song used 4 different lineups which harvested him 2 heavy defeats from Senegal and Nigeria, a draw against Guinea and a win against the Gambia.



Reacting after Cameroon's elimination, Coach Song said the team is under reconstruction and it certainly needs time to be constructed. Unfortunately, he is doing so with players who 80% are in their late 20s and early 30s and are inexperienced with the Afcon Spirit.

Like Vince Lombardi says, “winners never quit and quitters never win.” The indomitable Lions certainly need to right their wrongs and fight again.

failed to produce the same results as the winner then became the loser on this time. According to history books the last time Cameroon defeated Nigeria was at the 2000 Afcon final in Surelere Nigeria. Since then it has been successful victories for team Nigeria, 2 goals to 1 at the quarterfinals of the 2004 Afcon, 4 goals to 0 at the 1st leg of the 2018 Fifa world cup qualifiers and a 1- 1 draw at the return leg . Nigeria eliminated Cameroon at the round of 16 of the 2019 Afcon in Egypt by 3 goals to 2.

The defeat also exposed just how porous the technical and tactical bench of the Indomitable Lions has been under



Cote D'Ivoire Conquers African Football

By Metuge Stanley



A 38th minute header goal from Captain William Troost Ekong of Nigeria on Sunday, February 11, 2024, was leveled by another header from Frank Yannick Kessie of Cote D'Ivoire at the 62nd minute and the killer goal at the 81st minute by Sebastien Haller.



After their first 2 Afcon trophies in 1992 and in 2015, the Elephants now pride themselves as the new Kings of African football for the 3rd time, thereby sharing the same spot with Nigeria that has also won it 3 times, notably 1980, 1994 and 2013.



Final score 2 goals to 1 in favor of a resurrected Cote D'Ivoire side who knocked out former champions Senegal in the round of 16, booted out Mali in the quarter finals, dismissed DR Congo at the Semi finals before clipping the wings of the Super Eagles at the finals. Thanks to Morocco that caused their reintegration into the knockout, Cote D'Ivoire came from behind on 3 occasions, notably against Senegal, Mali and Nigeria to win their second round games.

