

# THE PRESBYTERIAN ECHO



Race of Hope 2024: Elvis, Irene Champions



THAT IN EVERY WAY, CHRIST IS PROCLAIMED — PHIL. 1:18

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## South- South Partnership: PCC Mentors Reformed Presbyterian Church Africa- Uganda

Page 3



## PCC's Moderator Lays Foundation Stone of PC Likombe

Page 4

## Children and Youth Sunday: PC Wotutu Youths Receive Beffiting Space for Worship

Page 8



### In this Edition:

- Pastors of Bakossi South Commit to Renewed Spiritual Growth
- Celebration of Children and Youth Sunday Azire.
- CBC, Partners Assist Persons with Disabilities in NWR

— . . . → Page. 7

— . . . → Page. 9

— . . . → Page.s 18

# EDITORIAL

## "AFRICANS FOR AFRICANS: HELPING EACH OTHER FOR ADVANCEMENT"



**Rev. Dr. Perpetua FONKI**

In a world where unity and collaboration are essential for progress, the concept of Africans coming together to support and uplift each other is not just a noble idea but a fundamental necessity. The spirit of solidarity and empowerment within the African continent is a powerful force that has the potential

to drive significant change and development across the region.

The phrase "Africans for Africans" encapsulates the idea of self-reliance, mutual assistance, and collective advancement. It speaks to the notion that the people of Africa have the capacity and responsibility to build a brighter future for themselves and their communities. By leveraging their unique talents, resources, and experiences, Africans can create a more prosperous and sustainable continent for generations to come.

One of the key pillars of the "Africans for Africans" movement is the recognition of the immense potential that exists within the African diaspora. Whether living on the

continent or abroad, individuals of African descent possess a wealth of knowledge, skills, and insights that can be harnessed for the benefit of their communities. By fostering connections and partnerships across borders, Africans can tap into this rich reservoir of talent to drive innovation and progress.

Moreover, the Africans for Africans initiative emphasizes the importance of addressing the systemic challenges that have hindered the continent's growth and development. By working together to overcome issues such as poverty, inequality, and lack of access to education and healthcare, Africans can create a more inclusive and equitable society where every individual has the opportunity to thrive.

At the heart of the Africans for Africans ethos is the belief that by helping each other succeed, everyone benefits. Whether through mentorship programs, economic empowerment initiatives, or community development projects, Africans can create a network of support that uplifts the entire continent. By sharing knowledge, resources, and expertise, individuals and communities can overcome obstacles and achieve their full potential.

In conclusion, Africans for Africans: Helping Each Other for Advancement is not just a slogan, but a call to action for every individual who believes in the power of unity and solidarity. By coming together to support and uplift one another, Africans can create a brighter future for themselves, their communities, and the continent as a whole. It is through collaboration, compassion, and shared vision that Africa will truly realize its potential and thrive in the years to come. The PCC South to South partnership with the Reformed Presbyterian Church of Africa in Uganda, is a giant step towards this goal.

## The Presbyterian Echo

**PUBLISHER :** Rt. Rev. FONKI Samuel FORBA  
**EDITOR-IN-CHIEF:** Rev. Dr. Perpetua FONKI  
**DESK EDITOR:** ANGWI Njamah  
**EDITORS:**  
*Boris - Karloff Batata*  
*Rev. ETAKA Elsie*  
*Rev. NUMFOR Godwin*  
*GEMNDA Emmanuel*  
*ABANE Jeffery OBASE*  
**COMMERCIAL MANAGER:** Mme Danielle Mapoure  
**LAYOUT AND GRAPHIC DESIGN:** Ndelle Richmond  
**PRODUCTION:** PCC Communication Department  
**CONTACT**  
679803738  
[presecho@pconline.org](mailto:presecho@pconline.org)

## PCC Publications/Broadcasts

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# South- South Partnership: PCC Mentors Reformed Presbyterian Church Africa- Uganda

By Rev. Geraldine Fobang



In a bid to strengthen the PCC's South - South partnerships, the Moderator of the PCC, Rt. Rev. Dr. Fonki Samuel Forba has led a 10-man delegation for an evangelistic visit to the Reformed Presbyterian Church of Africa-Uganda (RPCAU). The delegation was made up of -



grow their church, and on the importance of a Liturgy during worship, the ordination of 19 pastors and to crown it all was the institution and induction of the Moderator of the Reformed Presbyterian Church of Africa- Uganda in the person of the Rev. Mabonga Robert.

It is worth noting that the institution and induction of a Moderator in the Reformed Presbyterian Church of Africa Uganda happened for the first time in Seventeen (17) years after suffering from a leadership crisis which destabilized the Church.

the Moderator PCC, the Synod Clerk, the National Communication Secretary, the Health Services Secretary, the Education Secretary, the Development Secretary, the National Secretary Women's Work department, the General Manager PresPrint, Elder Mrs. Njala Quan Lilian, and the Production Manager, PCC TV.

According to the head of the team the Rt. Rev. Dr. Fonki Samuel Forba this visit will improve on the structure of the Reformed Presbyterian Church of Africa- Uganda and their institutions as well as encourage the pastors while learning from each other and strengthening their bond.

The visit had as activities a tour through some institutions, a workshop with elders and pastors of the RPCAU to help them



# PCC's Moderator Lays Foundation Stone of PC Likombe

By Boris-Karloff Batata and Nina Nwaseri



The moderator of the Presbyterian Church in Cameroon, Rt. Rev. Dr. Fonki Samuel Forba has laid the foundation stone of PC Likombe Church building in Fako North Presbytery. The event took place Sunday, February 25, 2024.

Present for this event were the Synod Clerk, Financial Secretary, a college of Clergy, Church administrators, Local and Administrative Officials.



Upon completion, the church is expected to accommodate three thousand (3000) Christians and stands as an attractive architecture not only for the Christians of PC Likombe but for other Christians in Fako North Presbytery and beyond.

“This worship house will serve us in many ways, this is an environment which is very quiet and I am hopeful that, it will be a good ground for us to come for retreats and most of our congregations will use this edifice better than the old one”, Elder Dr. Wotany Regina, Fako North Presbytery Chairperson said.

The Moderator called on Christians to rejoice for their befitting structure worth millions of Francs CFA as he preached during the event. “May we celebrate the goodness of the Lord and may the tears of Jesus wipe away our own tears and put a smile on our faces so that

we celebrate this day and thank God for this wonderful edifice and for His glory.” The Moderator admonished worshippers.



Presbyterian Church Likombe is currently seeking support for the completion of the new church Project.

PC Likombe is a village congregation located at the outskirts of Buea and has so far produced three pastors for the PCC and is home to PCC’s Financial Secretary.

The Synod Clerk Rev. Miki Hans Abia has saluted the resilience and contributions of the Christians of PC Likombe to the general growth of the PCC.

“When we come here today in a little village like Likombe to celebrate such a magnificent structure it is all thanks to God and it’s an indication to all other communities in the Church that when we put together our efforts we can always do great things for God.” PCC’s Synod Clerk, Rev. Miki Hans Abia commented.

The PC Likombe project, which is an initiative of the Financial Secretary Mr. Ngole Mbuayo Ndivi Mosuka started in 2021 as an idea to build a new Sunday school building but was later transformed into a full fledged project to give Christians a befitting worship house.

# PC Akum Mile 4: Rev. Voma Simon Muntoh Inducted Parish Pastor

By Emma Haiga



**S**unday, January 28, 2024 was a memorable day for the people of Akum Parish Mike 4 as Rev. Voma Simon Muntoh was instituted and inducted as the Parish Pastor by the Presbyterial Secretary of Santa Presbytery and Parish Pastor for Santa Central, Rev. Nchotu Moses Shu.

After spending 7 months in the Akum Parish while leading 3 Congregations, Rev Voma Simon Muntoh and his family were welcomed by the Presbyterial Secretary.



Preaching from Galatians 2:11-16 Rev. Nchotu Moses Shu encouraged everyone present during the event to serve the Lord and not man for they all have talents and should use it judiciously to serve God and not man.

During the induction and institution ceremony, the wife of the inductee Nyango Helen Muntoh took the opportunity to give a birthday thanksgiving as it fell on the same day while directing the funds to continue with the tiling project of the Mile 4 Parish.

The Bishop of Georgia, Rev. Rolf Barcis took the induction and institution service as a way to create partnership with the people of Akum Mile 4 Parish

Meanwhile, Elder Akere Gerald Asobo the Parish chairperson expressed his delight and appreciation as Rev. Voma Simon Muntoh



and all the Elders and Christians of Akum are collaborating today especially as the Pastor sends in Morning meditations to all His Christians.

Present to Grace the event was the Synod Clark Emeritus Rev Fochang Babila George, Retired Rev Pefok Richard who is like a Father to Rev Voma Simon Muntoh both in His Spiritual upbringing as a Pastor not living out a College of Pastors, His Royal Highness Fon Ndikum George III of Akum and Christians to Grace the occasion.



# Presbyterian Church of Nigeria Female Pastors Commend PCC Female Pastors' Initiative

By Cecilia Mojoko Kondo



Attending the PCC female pastors' conference for the very first time, a delegation of female ministers from the Presbyterian Church in Nigeria led by the Rt. Rev. Mrs. Eunice Kalu have lauded the smooth organization likewise the maturity and composure of the PCC female pastors at their 2024 gathering that held at PC Great Soppo under the theme "Rejuvenation".

According to the head of the five man Nigerian delegation to Cameroon, the experience gained will in the days ahead lure them to develop a similar gathering to help strengthen, bond and empower self. "It is that bond of unity, that harmony that made us to come here". Rt. Rev. Mrs. Kalu said. "There is an element of maturity, discipline and respect among them. What we have seen here, when we go, it will help us to know how to coordinate our own female ministers in Nigeria". She concluded.



To make their visit remarkable, stoles were gifted to the ministers from Nigeria, an exercise led by PCC's first lady, Rev. Dr. Mrs. Perpetua Fonki, first female pastor to be ordained in the PCC.

According to the president of the PCC female pastors, Rev. Mrs. Nkep Felicia Bate, this year's event is remarkable in terms of participation. She says one hundred and three (103) female ministers answered present compared to previous years where participation has been less than seventy.

Worth noting is that this gathering holds annually every last weekend in the month of February.

The three day gathering that held from the 23rd to the 25th of February 2024 saw the women embark on a retreat program, excursion to the Synod office and the University of Buca, and was crowned with a divine service Sunday, February 25, wherein a humanitarian gesture was extended to some underprivileged widows of the host congregation by the female ministers.

In her message to the Christians at the close of the event, Sunday February 25, Rev. Patience Ngole with inspiration from Hebrews 5:7-10, and theme "Rejuvenate your prayer life", stressed on the need to exercise patience and upholding regular prayer.



# Pastors of Bakossi South Commit to Renewed Spiritual Growth

By Rev. Mbengu Esau Wilson Nyiawung



The Pastors of Bakossi South Presbytery of the PCC have had a two-day impactful and rejuvenating retreat in Nkongsamba.

The retreat was held under the theme: "Rejuvenation: An Essential Need for Church Growth."



This topic guided by the retreat Manual for Pastors based on some Key Moderator's messages (2023) was broken down to several sub-topics for perfect comprehension of the Vision of the Moderator within the context of Bakossi South.

The Presbyterial Secretary Rev. Mesape Wilson called on the 13 men and women of God to stay focused and depend on the Holy Spirit while in the retreat.



This retreat witnessed topical presentations by some pastors, meditation, prayers, singing, and personal commitment for renewed spiritual growth and development in the Presbytery.



# Children and Youth Sunday: PC Wotutu Youths Receive Befeiting Space for Worship

By Cecilia Mojoko Kondo



The celebration of Children and Youth Sunday 2024 will remain a remarkable one to the Young Presbyterians, Sundayschool kids, and the entire congregation of PC Wotutu and Fako South Presbytery as a whole.

Sunday, February 4 2024, has gone into the history books of the PCC as that day when PCC's Moderator, Rt. Rev. Dr. Fonki Samuel Forba dedicated the newly constructed worship building for the Sunday School of PC Wotutu..



It is thanks to Roseline Imbolo, a Christian of PC Wotutu based abroad that this structure estimated to cost about fifty (50) million Francs CFA was realized. According to the Head Teacher of Sunday School Wotutu, the building is a stitch in time. He says “we had a lot of problems before now. The roof of the former structure had several holes and this made teaching very difficult especially during the rainy season.” He adds that “We had to move to the main church and often our services were cut short on Sundays because we had to give way



for the main service to hold. So we can say the children were missing a lot. But thank God, today the story has changed.”

Rt. Rev. Dr. Fonki on his part couldn't hide his emotions as he sends out words of gratitude and encouragement to the donor “We thank the donor and we trust that God will continue to bless her for her generosity” for the session, PCC's leader expects nothing short of impact through the transformation of lives “I hope and pray that they will utilize that gift creditably” and for the Sunday School teachers, the Moderator wishes they remain committed in their service to God and humanity..

The case of Roseline Imbolo and her kind gesture comes to portray the condition of the children's ministry in the PCC. It is hoped that this act of kindness will spur others to make comfortable the worship space for the youths in the church.

The ceremony was graced with the presence of the hierarchy of the church, Executive members of Fako South and congregants of PC Wotutu.



# PC Azire Celebrates Children and Youth Sunday

By Emma Haiga



**Y**ouths of Presbyterian Church in Cameroon and those of the Mezam South Presbytery seat PCC Azire have been called upon to be ready and be alert to listen to God's call and also know that, what ever is done in hiding God sees it all for they are the leaders of tomorrow.

The call was made by Brother Prince Che Achu, a member of



and allow God to direct them on who is the right persons to take on such responsibilities.

The event saw the youths and children of Young Presbyterian movement and the Christian Youth Fellowship movement participating in singing, taking part in the liturgy and preaching and also acted as an opportunity for the parents to see what the youths can do and also for the children to attend what they call the "Big Church " and witness how activities are take place.

the Congregational Youth Choir during the children and youth Sunday which was celebrated on Sunday, February 4, 2024 in the course of a Divine service.

This also comes at a time when the Church is rejuvenating and making changes in all congregations with the election of Elders, Group leaders and leaders of Associations.

The youths are said to play a huge part in the growth of the Church and so they are in the right place to make the right choice, to choose the right leaders not voting those who are campaigning or making promises they cannot fulfill, but to pray



# Christian Youth Fellowship Movement at Sixty-Five

By Rev. Alota Victorine A.



The Sixty-fifth Annual Rally of the Christian Youth Fellowship Movement in Tubah-Boyo Presbytery, like elsewhere worldwide was celebrated at Zonal Level: Tubah, Kedjum Keku and Fundong Zones with rally centres at Ntigi, Abobong and Ngwainkuma respectively.



The celebration that commenced with the arrival of groups as early as 6:30am, saw the kick-start of Bible Quiz and Brain Trust at 7:00am, with the participation of all eleven groups in Tubah, five at the Kedjum Keku and seven at Fundong Zones, with Chief Celebrants: The Presbyterial Secretary for Tubah-Boyo, and PCC Webmaster the Rev. Numfor Godwin, Rev. Angeh Pascal, Youth Coordinator for Tubah-Boyo Presbytery and the Presbyterial Treasurer, Tubah-Boyo Presbytery, the Rev. Mengi Alfred P. Respectively

Celebrating this year's rally on the theme: "Peace when Under Pressure" (Phil. 4:6-7), the youths, particularly those of Tubah Zone exhibited a high sense of confidence and faith in the God they serve. The rally that coincided with Second Semester Examinations at the University of Bamenda in no way put the youths under pressure! These committed soldiers of the Lord were seen shuttling between the rally centre to the examination room; a veritable proof of peace when under pressure.

Exalting the youths of Tubah Zone, on the theme and text of the rally, Chief Celebrant, the Rev. Numfor Godwin, asked the youths to know if it is possible to have peace when under pressure. A question that must not be answered in a rush! The man of God went further to define pressure as: anxiety, stress or fear, highlighting instances of fear such as the Anglophone Crisis, relationships, examination tension, quest for material possessions like Iphones, human hair and even the rally itself. To note he said, physical symptoms of stress often manifest in tension, stomach discomfort, weight gain and or weight loss and emotional symptoms in depression, lack of self

control, over reaction, mood swings, nervous breakdown amongst others, but with Jesus Christ at the centre of the youths, they will be able to pray, make their petitions in faith and Thanksgiving to God for lasting peace to return.

The National Youth Secretary, the Rev. Neba Muangu, in his speech to the youths, underscored the need for youths to "Keep the faith and continue working for lasting peace in our beloved nation Cameroon" as they also "Heed to the Moderator's call for rejuvenation in our Church".

The rallying of the youths at various rally centres was an opportunity for the zones to raise funds in order to forge God's work. Youths of Tubah, led by their fatherly Presbyterial Secretary, the Rev. Numfor Godwin, also raised funds to assist the ongoing church project at Ntigi.

Liturgical Singing saw the delivery of soul searching psychotherapeutic songs of peace, a virtue, much needed in our dying world today. Evangelical dances were not left out. Youths in their excellent performances showcased Christ in culture, as they displayed dance steps from varied cultures of our rich Fatherland, ranging from the North West across the West Regions to the Grand North. Other activities carried out was Liturgical Procession and evacuation of exhibited items.

It was a successful day across the rally centres in Tubah-Boyo Presbytery as the Chief Celebrants lauded the efforts of the Youths for the great improvement and maturity in their performances, compoment and organisation.

Present at the rally centres were pastors of the various Zones, the Presbytery Chairperson for Tubah-Boyo Presbytery, Elder Mrs. Ambanasom Frida, Rally Delegates, presbytery officers, Youth Elders Christians and friends. The day ended with "Alongé".



## CYF ZONAL RALLY 2024: Youths of Ntaturu and Bamenda Central Zones Pledge to Uphold peace and Support the Construction of the Youth Secretariat

By Jude Ntam



**Y**ouths of Ntaturu Zone have committed to promote peace and living together despite the ongoing crisis that has affected the area.

Six out of the seven CYF groups that make up the zone, answered present and took part in all the earmarked activities to the amazement of the congregants and invited guests.



Afflicted but not crushed, perplexed but not driven to despair, persecuted but not forsaken, struck down but not destroyed was the message portrayed by the CYF members of Ntaturu Zone, showcased in their traditional dance, with lots of joy clouding the atmosphere the youths were more than determined to uphold peace even when under pressure "We did very great, all the groups performed so well from the singing, to the traditional dances, I think this CYF members have taken upon themselves to serve Christ no matter the pressures of life". Verony Sungom, member of CYF Ntaturu.

This year's zonal rally, hosted by PC Nkura according to the Coordinator, Brother Fofung Amos, is a true test of faith given that, despite the absence of CYF Nsongwa, the groups showcased great mastery in all the rally activities, from brain trust, bible quiz, singing, to name but these.

Following the six out of the seven groups that participated in the rally and given the huge turn out of members from Chomba and Mbatu the Zonal Coordinator saw the act as a great connector to this year's rally theme. "I think the vision of the Church is marching on the because they know that the youths are always under pressure, sociopolitical pressure, pressure from the change in power, since we have the reorganization we have a lot of pressure and we pray that let the pressure mold us to be fine and perfect children of God". Brother Fonguh Amos, CYF Zonal Coordinator Ntaturu Zone.

"My general appraisal about this year's zonal rally is that their activities were good. The performance was outstanding. The compoment of the members, they are time conscious, and they are also disciplined. So I really want to appreciate the members in the Zone and I pray that they should keep on with that spirit". Brother Doh Celestine, CYF Presbytery President, Mezam South Presbytery.

The event was presided at by Rev. Mrs Ndikum Mary, Parish Pastor PC Nkura, and was graced by the presence of the National Secretary Youth Work, the Presbyterian Secretary and Treasurer for the Mezam South Presbytery, to name but these.

Over to the Bamenda Central Zone, members of the Christian Youth Fellowship, pledged to support the construction of a befitting Youth Secretariat for the North West. They took the pledge during the CYF Zonal Rally at PCC Bujong that brought together all the seven groups in the zone, celebrated this year under the theme "Peace when Under Pressure" from Phil: 4:6-7.

Reacting to the National Youth Secretary's message that had as one of the focus, the construction of the North West Secretariat, the youths noted that they'll do all it takes to support the work, which they considered as a pride to the department. While affirming that not even the pressure of conflict can affect their peace, the youths also took part in evangelistic march pass, bible quiz, brain trust, singing and traditional dance.

The event was presided at by the Parish Pastor of PC Bujong, Rev. Che Festus with assistance from the CYF Zonal and Presbytery Officers of the Mezam Presbytery.

Present at the end of the celebration to encourage and boost the morals of the youths was the PCC National Youth Secretary, Rev. Neba Muangu.

# Mezam South: PC Nitop Successfully hosts 2024 CYF Rally

By Nchang Carine



**F**ocusing on the theme Peace when under pressure drawn from Philippians 4:6-7, the youths of Azire Zone participated in Bible Quiz, brain trust, liturgical singing, traditional dance amongst others.

Through their songs, the youths demonstrated how the society could still chose peace over violence even during periods of violence and pressure. Apart from choosing peace even during moments of pressure the youths equally used their songs to preach against societal ills like gossiping, fornication, idleness, drug consumption, back stabbing and corruption.



While presenting their traditional dance, the youths through their dance steps and dressing styles portrayed the uniqueness of African cultures specifically representing some tribes in Cameroon and Neighboring Nigeria.

Apart from rally activities, these youths equally brought items like mirrors, food stuff, traditional outfits, brooms, flower jars and other items produced by them for exhibition.

After watching the beautiful performances of the youths, a Christian by name Shey Donatus expressed satisfaction with the performances of these groups” I am very impressed with what I saw these youths doing, I pray their peers can follow their examples and come to Christ for there is abundant joy in serving the lord”

Brother Che Daniel, member of CYF Nitop on his part brought out the positive aspects of belonging to the CYF “there are many advantages in belonging to this darling movement, here there is spiritual nourishment and nurturing which is a vital and fundamental part of our lives, moreover, as youths we need to be nurtured in the right path so that tomorrow we can become great leaders if given the opportunity”.he said

To non members of the CYF, brother Che Daniel encouraged them to quickly join in the spiritual train. “it is never too late, the kingdom of God belongs to everyone, don’t be discouraged, join us in this spiritual train”.he went on to add

It’s worth noting that the Christian Youth Fellowship is a movement made up of youths below 35 who are committed in serving the Lord, apart from religious activities the youths also participate in sporting activities, social meetings and assisting each other grow in the faith. Most CYF groups have Sisters and brothers corners where issues concerning their social lives are discussed.

The CYF also has a Veteran. The CYF Veteran is made up of ex CYF members who due to age and other factors can’t remain in the moment, the Veteran members assist the youths financially and morally in order to keep the movement going.

While the youths await their results to be published, normal group practices will continue in their different congregations.



# 14 Newly Received CYF Great Soppo Members Enjoined to be Steadfast in God

By Daniela Itoe



The Parish Pastor of PC Great Soppo, has enjoined some 14 newly received and admitted members of CYF Great Soppo to be steadfast in serving the Lord in the midst of worldly distractions.

Rev. Ntsam Emelda Bih was speaking on Sunday February 11, 2024 at PC Great Soppo in the course of a divine service meant to receive and admit the Batch of Steadfast Resilience into the CYF group of the congregation.



"The message I give to them is to be steadfast especially as youths, they need to stand firm because the world today is full of lots of distractions and these distractions have succeeded to take many of our youths today away from the fold", Rev. Ntsam Emelda said.

She encouraged the newly received CYF members and all other youths worldwide to be steadfast in following Christ since in Him there is life and out of Him there is no life.

The President of CYF Great Soppo, Stevie Egojakomoh in his words of appraisal, cautioned the newly received members on the fundamental principles governing the CYF movement.

He stated that the main goal of the group is to evangelize the Good News of Christ and not for socialization.

"We are hoping that the new members are going to work at serving the Lord because above all we are in the movement because we want to evangelize, we want to serve God. Those who think they are coming with other motives will have to identify other social groups to belong to. Once you are a member of CYF, you have to work in the vineyard", the President averred.

The new members on their part, while thanking God for giving them the opportunity to serve Him as youths of the PCC, pledged their loyalty and commitment to foster the growth of the CYF group of PC Great Soppo.

One of the newly received members, brother Tikum Boris said, "I am very happy for the opportunity that the group and also the Church gave us to be part of the movement officially today. I pray that as we put on this armor so shall our light shine in this dark world".

They further encouraged other youths who still think there is life in the world to join them to serve God in their youth.

The divine service that brought together friends, family members and Christians of PC Great Soppo also fished out some 14 new members for future dedication.



# PC Synod Office Christians Told to Uphold Penitence, Love, Thanksgiving

By Daniela Itoe



Christians of Synod Office congregation observed the Ash Wednesday service with the call from their Parish Pastor and Chaplain of Synod Office, Rev. Wa-Ekosano Joshua Modika Cameroon for them to uphold penitence, self control, thanksgiving and love for one another during the lent season.

The service on February 14, 2024 meant to mark the beginning of the 40 day journey to the cross with Christ.

He called on the Christians to adopt attitudes such as penitence, love for one another and thanksgiving among others during this lent season.

"It is a period that admonishes Christians all over the world to exercise Penitence, goodness, mutual understanding, love, self control, godliness, perseverance, meekness, thanksgiving and other virtues. Christians are to emulate their master Jesus Christ who passed through suffering during this lent period and conquered death", Rev. Modika said.

The Parish Pastor of Synod Office Congregation further encouraged Christians to commit themselves spiritually during this period and pray against bad habits to leave them for good.

Christians on their part say, Ash Wednesday helps to pave the way for them to begin the 40 day journey to the cross with Christ. They pray that during this period, God will help them be better Christians than they have always been.

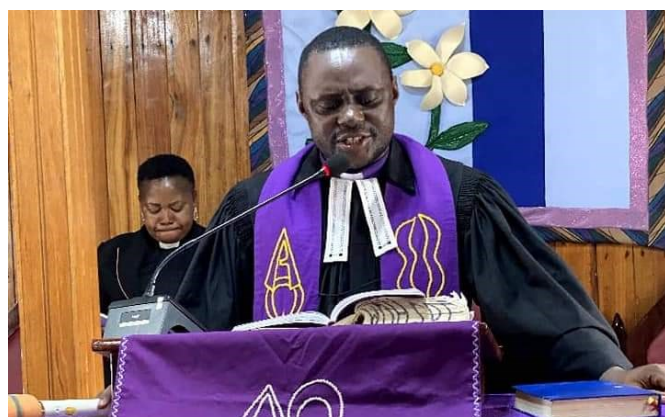
They promised to be more spiritually inclined during this period by engaging in prayers and fasting in order to partake in the suffering of Christ and resurrect with Him on Easter.

The 40 day lent season that begins with Ash Wednesday rounds up with the resurrection of Christ on Easter Sunday.



According to the Parish Pastor of PC Synod Office, Ash Wednesday is a Jewish tradition of penitence which centers on suffering with Jesus Christ, reasons why ash is being applied on the foreheads of Christians.

"It centers all about suffering with Jesus Christ. The Ash on our forehead indicates the suffering the Israelites went through specially from Egypt, wilderness and to the promise land. Still in that believe, our Saviour and Master Jesus Christ passed through suffering , will die on Good Friday and resurrect on Easter", he highlighted.



# PCC Mental Health Unit, Methodist Church Britain Succor Egbekaw Attack Survivors

By Boris-Karloff Batata



Some survivors of the Egbekaw-Mamfe attack of November 6 2023 attack have benefited a humanitarian support from the Presbyterian Church in Cameroon (PCC) Mental Health Unit with support from the Methodist Church of Britain.

The humanitarian Package comprising, Psychosocial Support and relief Materials was delivered to the survivors during a recent visit to the Mamfe Town in Manyu Division.



The team of mental health experts was headed by the Head of the PCC Mental Health Unit, Rev. Dr. Perpetua Fonki.

For three days, the mental health experts provided a one-on-one counselling session with the survivors where they had the opportunity to share their experiences after which the experts were able to propose tips that will help the survivors deal with the trauma imposed on them because of the attack.

“we were told that when there is shooting, we should lie down, as we lay down, they broke into our house, immediately they targeted my husband”, A survivor recounts. She added “after my husband was cut with machetes, he was shot on the head, I only managed to escape with my children only for me to return the following morning, the men had set fire on our house with the corpse of my husband”.

It is stories like this that the mental health experts were handling in the course of their various counselling sessions. After providing the much needed psychosocial support, the survivors received basic needs including Mattresses, Rice, Salt, cubes of Soap to help them carry on with life.

“These items that you have given me will go a long way to help me and my family, we shall be reunited again because we had separated due to hunger but with these, I will call back my family so we can live together” a beneficiary testified.

Another recipient said “I am very happy because we sleeping on the floor but today I will sleep on the mattress, thank you people so much”.

As part of the sustainability effort of the initiative known as the **Mamfe Emergency Arson Response Project**, the team trained seventeen Pastors and some community leaders as first responders to any eventual crisis.

The Head of the PCC Mental Health Unit Rev. Dr. Perpetua Fonki Said “after we went and implemented the project, we found out that there are still tremendous needs as far as there are concerns, most of them are homeless , grief is still intense so they need a lot of continuous work.”

It is hoped that the experts will continue their quest to mobilize resources towards helping out the survivors who are still trying to move with life after the devastating event that left many dead and properties damaged.

# PS Great Soppo Begets Facelift

By Tambe-Besem Grace Enoh



The Renovated structure of the Presbyterian Nursery and Primary school Great Soppo Buea, has been officially handed over to the Hierarchy of the PCC.

This was in a symbolic ceremony carried out on Thursday February 22, 2024 on the school premises.



Renovation works started in the second half of the year 2023, by a devout Christian of the church based in the US, Jacob Tchatchwa Waah, who has so far ensured complete refurbishing of the structure and looks forward to doing more, in order for the teachers and learners to enjoy a beautiful and comfortable environment for a smooth teaching-learning process. The face-lift includes a complete change of the roofs, repainting, working the floors of all classes as well at the head teacher's office, building of a water system toilet, to name a few.

On ground to receive this renovated structure was Fako North Presbyterial Secretary Rev. Foncham Ezekiel representing the Moderator of the PCC, in the presence of the Financial Secretary of the PCC Mr. Ngole Mbuayo Ndivé as well as other church dignitaries, staff of the institution and parents.

While appreciating the gesture of Mr. Waah and partners, he encouraged all present to see this as an example to emulate, to join



forces with the church and offer their own quarter, in a bid to impact the lives of persons in the community.

The efforts of Mr. Jacob Tchatchwa Waah has been heartily appreciated by all present, as the staff and managing board was as well cautioned to do all they can to ensure sustainability of this renovated edifice of learning.

P. S great Soppo is an institution of the PCC which has existed since 1990. Thus far, the institution boasts of excellent results which have kept the flag of the Presbyterian Education Authority flying high over the years. This academic year the school has an enrollment of almost two hundred (200) pupils, and some 10-teaching staff.





# South West Secondary Education Boss Urges Effective Implementation of Bilingualism, Digital Education in Schools

By Daniela Itoe



The 2024 national bilingualism day has been celebrated in Buea, Fako Division with the call from the South West Regional Delegate of Secondary Education, Dr. Hannah Etonde Mbua for secondary institutions to improve on the level of bilingualism and digital education in their schools.

The ceremony that took place on Tuesday February 06, 2024 at the Presbyterian Comprehensive Secondary School, PCSS Buea unfolded under the theme: "Bilingualism: Vector of digitalization of education and the promotion of civic and moral values for a peaceful and emergent Cameroon".



The event that featured activities such as cultural display, ballet dance, playbacks, sketches, fashion parade, bilingual news cast, artistic and poem presentation saw the presence of the PCC Education Secretary Mr. Njie Samuel Kale, the Coordinating Inspector in charge of teaching and the promotion of bilingualism for the South West, Mme. Elive Regina, principals of colleges and other stakeholders of the secondary education sector in the region.

Addressing all, the host Principal, Mme. Elangwe Namondo disclosed that PCSS Buea prides herself as one of the pilot schools that promotes bilingualism in the region.

"PCSS Buea is one of the pilot schools that promotes bilingualism through the special bilingual education program. The first batch of students is form three, they are hardworking and very promising", the Principal said.

The Coordinating Inspector in charge of Teaching and the Promotion of Bilingualism for the South West, Mme. Elive Regina highlighted the relevance of this year's theme. She noted that the digitalization of education in schools is a work in progress.

"This year's theme is essentially based on digitalization of teaching, the Ministry of Secondary Education has the vision to digitalize education which is being effectively implemented in our schools today. We are using digital tools to teach and we are producing and exploiting digital resources that we forward to Yaounde for the distant education center", she noted.

Situating the level of bilingualism in the region, the Coordinating Inspector revealed "we have about 11 pilot schools where in the special bilingual education program is being implemented, we have non linguistic subjects that are taught in the other official language, intensive English and intensive French that are been taught out of the normal core French and core English that is taught to our children. We have the special bilingual French and we have the BEPC bilingue, the Probatoire bilingue, BAC bilingue and advanced level special French".

Participatory prizes were handed to the various institutions that took part in activities marking the 2024 bilingualism day in a bid to motivate them to fully incorporate digitalization of teaching and bilingualism in their schools.

# CPC Bali turns Diamond, Boba is Golden

By Emma Haiga



**F**ounded on the 19th of March 1949 the Cameroon Protestant College Bali and the Bali Old Boys Association BOBA which was formed on the 24th of February 1794 are set to commemorate their Diamond and Golden Jubilee.

With the preparations gearing up members of the Bali Old Boys Association BOBA Bamenda Chapter led by the President Dr. Akob Christopher held a meeting on February 3 2024 in Bamenda.



Playing host to the National Executive Committee (NEC) in preparation towards the twin celebrations of C.P.C BALI at 75 and BOBA at 50 this meeting was aimed at finalizing preparations towards the twin anniversaries.

Led by the President General Professor Titanji Duga Ernest the meeting was to make sure that the twin celebration will be a success come March 21st till the 24th at the school premises of CAMPROCOL in Bali.

Talks during the meeting centered on what the BOBA Association plans to do for the institution which entails the renovation of the collapsed auditorium and also to encourage everyone one not present



to mobilize other classmates who attended the school even for a year to join them for the celebration.

The Principal of CAMPROCOL Mr. Nubed Ransom also took the opportunity during the meeting to appreciate the BOBANS for their constant support for their alma mater till the extend of making the school come back to live after it was closed due to the socio-political crisis plaguing in the North West and South West Regions of the Country.

During the event discussions also centered on what the BOBANS plan to do, which is to build an ultra-modern multipurpose sports complex and also to renovate the dormitories.

The BOBA Class of 1986 fondly known as the PACESETTERS have indicated to be part of the ceremony and everyone is called upon to be part of the celebration as long as they attended the institution even for a year.

# CBC, Partners Assist Persons with Disabilities in NWR

By



The Cameroon Baptist Convention Health Services in partnership with the Christian Blind Mission have donated hospital equipment to some stakeholders in the North West Region, to improve on the services rendered to people living with disability.

This was during a stakeholders meeting at the main hall of Baptist center in Bamenda, Wednesday February 14, 2024.



Stakeholders from education, health and local organizations such as radio stations across the region were encouraged by the director of the Cameroon Baptist Health Services, Professor Muffi Pius Chairman of the meeting to make effective use of the equipment put at their disposal.

While receiving wheel chairs, clutches amongst others the director of the Santa health district and director of the Nkambe regional hospital annex lauded the efforts of the Baptist health Services and partners for the assistance and promise to involve all those who face any form of disability in their communities.



The meeting was also aimed at evaluating the progress of some projects which were carried out in 2023 to include persons living with disabilities into different sectors. The stakeholders also discussed possible ways of finding lasting solutions to the problems.

# Fire Ravages Over 300 Shops in the Bamenda Main Market. While Government Promises Help, Elites Raise Funds to Assist Victims

By Jude Ntam



**T**raders and business persons who lost their shops and properties during the fire incident at the Bamenda main market have pleaded with authorities to fast track the process of reconstruction and compensation. This was during an assessment and evaluation exercise carried out by the Senior Divisional Officer for Mezam, Simon Emile Mooh to ascertain the level of damage caused by the fire incident.

The Divisional boss, was accompanied by the Bamenda City Mayor, the Market Master of the Bamenda main market and forces of law and order. On their part, the people whose businesses were ravaged by



the fire estimated their loss between 3 to over 200 million francs with hopes authorities will take them out of the misery they're currently experiencing following the incident.

Speaking after inspecting over 20 shops, the City Mayor of the Bamenda city council says plans are underway for the rebuilding and restating the shop owners in their respective shops. He noted that a new market structure will be carefully designed and constructed with consideration of a vehicle passage way, and the construction of financial institutions, and insurance companies to meet the full financial needs of the buyers and sellers.

On February 22, 2024, devastating fire occurred at the Bamenda Main market in the North West Region of Cameroon. The incident left over 300 shops burnt to ashes in a market that stands as one of the largest in the largest in the region serving the economic lifetime of the population.

We encourage the traders to remain hopeful and assuring that the government will come to their assistance. We are asking them to take all conscious measures laid down by the security services. We have already lost properties, we cannot loss human beings. I want to appreciate the role of the fire fighters and the entire population who help prevent the fire from extending to other parts of the market". North West Governor, Adolph Lele L'afrique, at the scene on the day of the fire Incident".

In tears many traders, and the population at large can be seen rushing helter-skelter around the scene of the fire outbreak. Other shop owners without hope lament after watching first hand as their investments for many years go down to ashes in less than three hours.

The cause of the fire incident remains unknown at the moment, and although the firefighting unit was deployed to remedy the situation by putting out the fire, the intensity of the fire was uncontrollable and as a result it burnt to ashes several shops.

In the web of emotions, some traders blame the intensity of the flames to the multiple kiosk in every corner of the market. One of the shop owners while weeping says bitterly "I struggled to be inside this market, but they keep congesting the market, now I have lost all my goods in my shop, where do I begin from".

In assessing the damage, authorities estimated it to be in billions of CFA francs. In order to assist the victims, several elites and other public figures launched a fundraising campaign coordinated by Senator Regina Mundi, Minister Mbah Acha Rose and Minister Felix Mbuayu. Fai Yengo Francis and Edwin Fongod are also part of this group. Other donors include Minister Paul Atanga Nji.

Together with other individuals, they collected a sum of 43 million CFA francs. This sum will be distributed to the various victims. The relief effort will not stop there. The President of the Social Democrat Fund, Honourable Joshua Osih, also announced his party's donation.

North West Regional Governor, Adolphe Lélé L'Afrique, speaking on behalf of the government, announced further aid for the victims and that there will be help for the victims, and they will have to be ready to go to the commission and declare the contents of their shops.

# Abscesses 101: Everything You Need to Know About the Common but Serious Infection.

By Nchinda Anna



**S**imply defined, it is a collection of pus made up of dead cells, and white blood cells that form under the skin or in an organ due to an infection. "The signs and symptoms of abscesses generally include; swelling around affected area, the area is warm when touched, redness around the area, a whitish and yellowish appearance and fever". Said the Director of The Presbyterian Hospital, Nyassosso, Dr. Akonwi Stephen.

"The areas of the body more prone to abscesses are: armpit, pubic area, anorectal areas for superficial abscesses and internal organs. As a whole, abscesses can occur anywhere on the human body". He added.



The diagnosis of an abscess is usually based on a physical examination and a medical history. Sometimes, a sample of the pus may be taken and tested for bacteria. Imaging tests, such as ultrasound, X-ray, CT scan, or MRI, may also be done to check the size and location of the abscess. From the diagnosis, a proper management or treatment method is adopted.

" After proper medical examination from a doctor, managing or treating an abscess involves two things; antibiotics and incision and drainage. Antibiotherapy is given as specific to the type of abscess and it's severity. If the doctor judges that the abscess needs and incision and drainage, he is going to make an incision and drain the abscess properly". The medic confirmed.

Dr. Akonwi, said that abscesses are more common than people think, and they can affect anyone, regardless of age, gender, or lifestyle. He

emphasized the importance of seeking medical attention as soon as possible, as abscesses can worsen quickly and lead to serious complications and possible spread to other areas. He also warned against trying to pop or squeeze an abscess at home, as this can spread the infection.

Prevention they say is better than cure. "Firstly, maintain a proper hygiene of the skin and clothing by washing regularly to rid of any bacteria. Secondly, healthy living is very important because, Immuno suppressed patients (those who have diabetes, high blood pressure and HIV) are more prone to having abscesses. Thirdly, whenever you notice the signs and symptoms, visit your doctor for consultation and proper management". The expert advised.

Some persons believe that a boil is an abscess while others say they are two different things. As an explanation to this controversy, the doctor explained that, "a boil is a form of an abscess, but not all abscesses are boils. A boil is usually an abscess of the skin usually of the superficial layer (outermost) involving an infection of the sweat gland while a deeper or internal abscess like in the brain, liver, lungs and so on is what can be rightly referred to as an abscess".

Abscesses are serious infections that require prompt and proper treatment. By knowing the causes, symptoms, and treatments of abscesses, you can protect yourself and your loved ones from this potentially life-threatening condition. Remember, prevention is better than cure. Keep your skin clean and healthy, and seek medical help if you notice any signs of infection. Stay safe and stay healthy.



# Race of Hope 2024: Elvis, Irene Champions

By Metuge Stanley



The 29th Edition of the Mount Cameroon Race of Hope recorded another successful story as close to Six Hundred National and International Athletes challenged the chariots of the gods. From the Molyko Omnisport Stadium to the Summit and back to the finish line in Molyko Elvis Nsabinla used 4hrs 47 Minutes and 4 seconds to become champion in the male category. His victory shocked many as no one saw it coming. According to media reports Elvis at no point in time led the race it was rather kenyan born

adequately to win the race for her first time. Irene who is married and a mother of three children, used more than 5 hours from Molyko to the Summit and Back. Addressing the press, she disclosed that she will use her cheque to impact the lives of her family members. Tumi Macrina and Ngalim Lyzette completed the podium with the 2nd and 3rd positions respectively.



Organizers of the race used the medium to clamor for all to give Peace a chance in the Northwest and Southwest Regions, because it is only in a peaceful atmosphere that people can achieve their dreams.

The race recorded a sad twist, as kenyan athlete Charles kipsang lost his life. According to the South west Regional Governor Bernard Okalia Bilai, the athlete who was in his 4th participation died after suffering from a Heart Attack.

Cheboi William Ruto. William leading the race from the summit to upper farms made many fans to anticipate for a change in the pecking order. This however was not the case as Elvis was followed by Adamu Abdu and Saidu Nuhu to complete the podium.

The 2024 Mount Cameroon race of hope was organized under tight security and was chaired by the Minister of sports and physical education Chief Prof. Narcise Moulle Kombi.

The female category recorded a new winner by name Irene Adamu. The Native from Yamba, Nua Division ,North West Region revealed that she used Six Months to prepare herself

