

THE PRESBYTERIAN ECH



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

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Back To School With CBS Buea



1st Independent Regional Consultation Assembly on Anti-Semitism in Africa

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EDITORIAL

THE OFTEN OVERLOOKED PSYCHOLOGICAL COST OF SECRECY IN MARRIAGE AND ITS CONNECTION TO DIVORCE



Rev. Dr. Perpetua FONKI Investigating Secrecy in Marriage

Marriage comprises many intricacies where trust is one of the core elements that bind a couple together. However, the introduction of secrecy can create such a dysfunction that the relationships fall apart. Although, some might contend that variation of a given secret is permissible, in this case, so as not to hurt the partner, the reality is that such variations carry with them negative undertones which undermine the essence of marriage.

Secrecy can be at the level of appearing small details to very big truths that are outright hidden. Finances, emotional infidelity, physical unfulfilled hunger, infidelities, engagements history to name but a few tend to be very common areas of secrecy. Couples keep secrets for reasons like conflict avoidance, concern for each other, or simply to appear stable. But what was intended for good, mostly protecting the partner from unpleasant feelings, rapidly advances to an unhealthy activity of dishonesty and suspicion.

The Crumbling of Trust

Trust forms the foundation of every marriage. Where secrets are kept, the next question is obvious: What more is hiding? It becomes a source of distress which undermines the trust that has taken the partners time and energy to build during the time. The partner who learns about a concealed fact may feel betrayed, and that may result to anger and resentment.

Emotional Isolation and Disconnection Secrets can cause emotional isolation

The person hiding something might feel guilty and worried creating inner

turmoil that pushes them away from their spouse. On the flip side, the person kept in the dark might feel rejected and unworthy leading them to pull back. This isolation can open up a gap between partners making it harder for them to talk and connect. As they grow apart, partners might find themselves drifting away losing the bond that used to define their relationship.

The Escalation of Conflict

When a marriage hides secrets, fights can get out of hand. Problems that couples might have solved can worsen when hidden truths come out. Money secrets, for example, can cause a lot of stress and arguments when debts or hidden spending come to light. In the same way, cheating—often kept secret—can have terrible results, including breaking trust and ending the marriage. The longer secrets stay hidden the bigger the explosion can be when the truth comes out.

The Path to Divorce

Secrets lack of trust, and feeling disconnected can push couples toward The erosion of trust, secrecy, and emotional distance can eventually lead couples to the difficult decision to divorce. Many couples who find themselves on this path often point to poor communication and a lack of trust as the driving forces behind their split. When partners no longer feel secure in sharing their thoughts and emotions, the relationship becomes increasingly fragile, with divorce often emerging as the only way forward when secrecy has taken root.

To counteract the harmful effects of secrecy, it's crucial for couples to prioritize openness and transparent communication. This involves creating a safe space where both partners feel comfortable discussing sensitive matters without fear of judgment or backlash. Honest dialogue about finances, emotional needs, and past experiences can help break down the barriers that secrecy tends to build.

Secrecy may appear to protect a marriage in the short term, but its long-term impact can be deeply damaging. As trust erodes and emotional distance grows, conflict often intensifies, pushing couples closer to the painful decision of divorce. By embracing honesty and nurturing open communication, couples can begin to rebuild the trust that secrecy has eroded. Ultimately, vulnerability and transparency are essential for healing and strengthening a marriage. In the challenging journey of marriage, let honesty be the beacon that brings partners closer, fostering deeper connection and resilience in a world that too often encourages silence.

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PCC Moderator Inducts New Prioress of the Emmanuel Sisterhood

By Desmond Atiehyim



The Moderator of the Presbyterian Church in Cameroon, PCC the Rt. Rev. Dr. Fonki Samuel Forba, has charged the new Prioress of the Emmanuel sisterhood to be committed in carrying out her duty as head of the convent whose base is currently in Foubot.

The chief shepherd of the PCC was speaking on Saturday



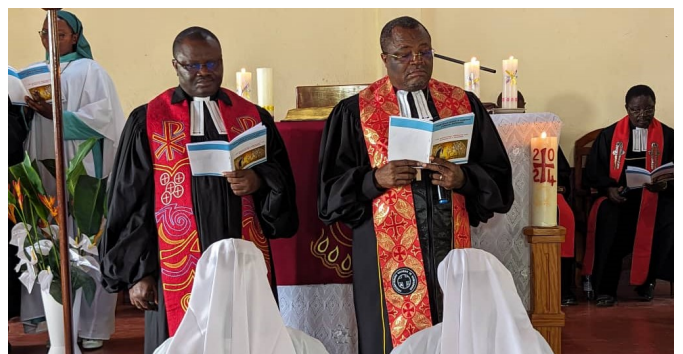
August 3, 2024 during the induction, institution and blessings of Rev. Sister Anjel at PCC Foubot congregation were a cross section of family members came to witness her induction.



Sister Anjel took over as head of the convent from Sister Shalom who has spent twelve years at the helm of the institution, prior to the convent being moved from Bafut to Foubot.

In her welcome address, the chair lady of PCC Foubot Elder Lenjo Nadine, appreciated the sisters for always praying for members of the community around them and the total support they received from some of the sisters.

The moderator was closely assisted by a college of Pastors led by the Synod Clerk of the PCC, the Rev Miki Hans Abia.



1st Independent Regional Consultation Assembly on anti-Semitism in Africa



The President of the Council of Protestant Churches of Cameroon, Moderator of the PCC, the Rt. Rev. Dr. Fonki Samuel Forba, has, presided over the 1st Independent Regional Consultation Assembly on anti-Semitism in Africa. The consultation meeting took place at the Episcopal Conference Center in Yaounde. Present in the meeting were : the Presbyterial Secretary for East Mungo North, Rev. Njongai Polycarp, the Presbyterial Secretary for East Mungo North, and a host of other PCC Pastors and Christians. The consultation ended on Wednesday, the 21st of August 2024.



Transparency, Accountability... Watch Words for ELECOM Members, PCC

By Jessie Modika Ebune



Members of the Electoral Committee (ELECOM) for PCC's top elections coming up this year, have been dedicated into their functions with a call for them to hold up transparency and accountability as watchwords if they need to succeed.



The Moderator of the PCC Rt. Rev. Dr. Fonki Samuel Forba made the call while presiding over the Divine Service that saw the dedication of a team made up of 9 members headed by the Retired Rev. Tende David on Wednesday August 14, 2024 at PC Synod office. He called on them to make elections fair and transparent “ we are sure that after this commission, they will get into work because we have set the ball rolling and we are very convinced that they will do a commendable job. And I also told them in my message, that they should be transparent and accountable to bring the kind of dignity and integrity our church needs because this is the time that our church needs to prove to the secular community that we are transparent in all our affairs” moderator Fonki Said.

The chairman of this committee, the retired Rev. Tende David, on his part says though a daunting task ahead he trusts God to equip them to take on their duties “it is going to be a huge task to organize an election that will bring into power other leaders of the church. Taking over from people who have been so fascinating in their work. The present leadership, especially the moderator, has been what we can call a shock proof but with God being our helper we will succeed to observe the rules and regulations and to bring the church to

that higher level. We promise that with God being our helper we will bring in a moderator, Synod Clerk and officers that will take from where these other officers have left and take the church to higher heights”. Rev. Tende David

The committee consists of four pastors and five laity all of the PCC . Barrister Novelisa ETA Bissong is one of the laity appointed to the committee “ I am elated, humbled and it comes with a lot of thanksgiving in my heart because as the word says we are saved to serve and so when you are called upon to serve the church to imagine that nine of us are selected from the millions of Presbyterians ,it can only be a thing to thank God that we are found worthy and we hope that we will be able to serve and deliver what the electoral commission is supposed to deliver”.

They set to work immediately as the PCC community and the world at large looks forward to having a successful electoral process .



The PCC Education Secretary Chairs PEA Administrator's Summit



The Education Secretary of the PCC, Mr. Essaw Samgwa'a in his first Administrators' Summit that held this day 22nd August, 2024 in PSS Bamenda Station, called on all Administrators (Principal and Managers) to work in synergy in order to advance the mission of the PEA, which is to provide quality holistic education to all with a focus on ethical and moral values.



The theme of this year's Summit was: "Connecting the PEA through digitalization and partnerships"

The high points of the conclave were rooted in:

- The Education Secretary's policy message and conceptual vision for the PEA, focused on strengthening social relations in the PEA, advancing the quality of education in the PEA, embedding blended learning via digitalization of the teaching-



learning process, engaging/strengthening North-South and South-South partnerships in view of developing quality at all

system levels of the PEA

- Evaluation of the 2023/2024 academic year
- Surgical analysis of the 2024 GCE results of PEA schools in terms of quantity and quality, including strategies to improve enrolment and quality of results at end of courses exams in all the PEA schools (both Primary and Secondary). Some of the strategies were found to already be delivering better outcomes, reflected by the present enrolment of 10,450 and 24,500



students/pupils respectively at the secondary system level and primary system level.

The following special guests were in attendance:

- The Presbyterial Secretary for Mezam Presbytery,
- The Health Services Secretary, PCC,
- The Parish Pastor, PCC Bamenda Station,
- The Congregational Chairperson, PCC Bamenda Station and a host of others.

And the rejuvenation of the PEA is moving on...

Rev. Forsuh Benard Nji Instituted as Presbyterial Treasurer /Parish Pastor of PCC Etoug Ebe,

By Akumany David



The Rev. Forsuh Benard Nji has been officially commissioned into office to serve as Presbyterial Treasurer for the East Mungo North Presbytery and Parish Pastor of PCC Etoug Ebe.

This was during a colorful ceremony that took place on Sunday August 18 2024.

Officially commissioning him into functions, the Rev. Njongai Polycharp Versha Presbyterial Secretary for the East Mungo North Presbytery exalted him to keep up with the good work he has been doing since being transferred into the Presbytery. He said " The Rev. Forsuh Benard Nji is a very fine pastor and an asset not only to the East Mungo North Presbytery but also to the entire PCC. So I exalt him this day on his induction and institution to keep with the good work he has been doing since he came into the Presbytery. Sure it's not going to be easy but I believe God will see him through"

A very delicate task handed to him to exercise a double function the Rev. Forsuh Benard Nji highlighted that he is looking up to God to see him through as he fits into a very demanding assignment. He said "God has been my strength all this while. That's why I keep looking up to him to see me through this very delicate task. I pledge to serve God diligently and the people of the East Mungo North Presbytery and PCC Etoug Ebe bringing them closer to God the pioneer and perfecta of their Faith". he said

Haven worked with the pastor for over 2 years, the Chairman of PCC Etoug Ebe Elder Ndue Daniel Ekoko highlighted that their relationship with the pastor has been

very fruitful. He said "We thank God for grace to serve him. The Rev. Forsuh Benard Nji has been very serviceable to the Christians since his transfer to the congregation. Our collaboration with him has been very fruitful. So on this day that we officially commission him to his function we believe we will continue working together to push the work of God forward in the congregation "

It is worthy of note that the Rev. Forsuh Benard Nji was born on August 17 1977 in the North West Region. He got admission into the Presbyterian Theological seminary PTS Kumba in the year 1999. He has served the church in several capacities including as Presbyterial Treasurer for Mezam and Fako North Presbytery amongst many. He is married and blessed with 3 kids.

The occasion that had in attendance friends, classmates, family, top Presbytery officials ended in dancing and merry making.



Christians of PC Malende Hail the Good Works of their Pastor

By Sontia Binda



Rev. AKENJO Elias Enga has been instituted and inducted as parish pastor of PC Malende . The baton of command was handed to him during an institution and induction ceremony that was held at the congregation by the Presbyterian Secretary for Fako North presbytery, Rev. Foncham Ezekiel Fonmuna.

Preaching from the word of God from the Acts of the Apostles 3:1-21, he challenged the Christians to be the backbone of the parish pastor.

He encouraged the Christians to work in close collaboration with the pastor in order to ease work and push the work of God further. “ the pastor reaching out with the gospel should



get through to the Christians and in that way it brings a life changing situation unto them especially the call of Peter in our text . Because of the lukewarm attitude of Christians in church, you see them physically but spiritually they are not. to obey you must first hear and when you hear , you listen and in the listening you now have the frame of mind to do what you have been hearing. "

He exalted the parishioners to repent for the forgiveness of their sins .

The inducted on his part gave words of appraisal to the people of Malende for the warm welcome he received two years ago especially as he came in crutches. Further on in his motion of

thanks he expressed his gladness and appreciation " I am so happy about the induction , from the beginning, I witnessed that so many came to witness my induction. God has blessed that the weather is so good that nobody has been able to feel so bad about the day " .

He said he hopes that as time goes forward, they will realize



projects at hand at PC Malende, as he keeps trusting in God. Some Christians describe their pastor as a benevolent person, a man of few words, integrity, influence and affluence. They wished that Rev. Akenjo Elias as he officially receives this baton of command takes PC Malende to another level.



CMF NATCOM 2024

By Nina Nwaseri



The Christian Men Fellowship Movement CMF in the PCC now has a new National Executive Body, to pilot affairs for the Men of Truth for the next 5 years.



Secretaries, the ex officio members, and other stakeholders.

The constituted National Exco body elected, has as:

National President CMF: Bro. Tuva Njie

1st Vice National President: Bro. Forghap Patrick

2nd Vice National President: Bro. Buma Charles

National Publicity Secretary: Barrister Sumelong



The election process was carried out in the course of their annual National Committee Meeting NATCOM, that held Wednesday August 21 2024 at Synod Office, chaired by PCC Synod Clerk the Rev. Miki Hans Abia, in the presence of the Secretary Committee of the Ministry Rev. Emmanuel B. Masok.

The meeting equally had in attendance the constituted delegates like the National Secretary for Men's Work Rev. Paul Ngu Tah, Presbytery Presidents, the National Secretary for Men's work, Department, Regional

CWF NATCOM 2024

By Metuge Stanley



All the way from PCC South AfricaZone, Dr. Mrs. Akiih Patience harvested a lot of knowledge from the 2024 CWF National Committee Meeting, NATCOM in Buea. The CWF South Africa zonal President tabled the challenges they are currently facing over there and received a positive feedback from the National Executive. This was the first NATCOM meeting a delegate from the South African zone was attending .Some New Presbytery Presidents where

In the presence of the Synod Clerk of the PCC Rev. Miki Hans Abia, the Secretary Committee of the Ministry Rev. Emmanuel B Masock and other National Secretaries, the CWF delegates on August 22,2024 elected their new National bureau led by incumbent madam Mesode Julie Nkwele assisted by Mrs. Yah Christina to serve for the next 5 years. The two national officers saluted their peers for the mark of trust bestowed on them while promising to correct the mistakes of the first Five years in this new mandate God being their helper.



also enriched with the deliberations. Most of them expressed gratitude with the maturity and level headedness with which the Executives handled the deliberations and the Resolutions arrived at in the meeting.

The annual meeting organized by the Women's Work Department of the PCC was for the first time attended by the incoming National Secretary Rev. Uso Theresia Bendze. She stressed that her priority is to equip and strengthen the CWF members spiritually, empower them economically and fast track the completion of the age old National Secretariat in Bamenda. She believes that with her formidable team, they can raise funds and bring the building near completion by the end of 2026.



NATCOM Youth Department 2024

By Angwi Njamah



The importance of a national committee meeting cannot be overemphasized as it gives and opportunity for issues concerning the department to be heard, and understood and recommendations made to be forwarded to the appropriate quarter. That is why delegates of the Youth Department of the Presbyterian Church in Cameroon PCC, met at the Presflats Synod Office compound for their 2024 National Committee, Natcom meeting to take stock of the past year, chart a new course for the coming years as well as elect into office a new national president and also a new national girl's representative. These delegates came in from the Christian Youth Fellowship (CYF) movement, Young Presbyterians (YP), Sunday School (SS), and also from the Presbyterian Student and Youth Choirs Association (PSYCA).

Sitting as chairman of this meeting was the Synod Clerk, the Rev. Miki Hans Abia who before the start of this meeting reminded the delegates that they were in a diplomatic setting so they should talk freely not hold back some of the beautiful ideas that they might have come with so that the decisions taken can go a long way to better the Youth Department.

The Synod Clerk was closely Flanked by the Secretary Committee of the Ministry the Rev. Emmanuel B. Masok, the National Youth Secretary, Rev. Neba Muangu, and the outgoing National Youth president Abdelaziz Debel.

The meeting also had in attendance some ex officio members like the National Secretary Mens Work Department Rev. Ngu Paul, the National Secretary of Womens Work Department Rev. Uso Theresia, National Secretary Lay Training and Evangelism Rev. Ndip Philip Nkongho and also Managers of the different Presbyterian Youth Centers and Youth Chaplains from the different presbyteries.

Amongst the highlights of discursions was the new anthem for the CYF, appreciation to be sent to the CYF of Beltsville U.S.A for their contribution to the youth Department, and all the deliberations culminated with the Election of a New national President Wanye Julius and National Girls Representative Queenta— clara.



At the close of the day the Synod Clerk congratulated these youth delegates for their maturity and comportment through out deliberations during the meeting with a call for them to remain exemplary leaders in their different groups and communities at large.

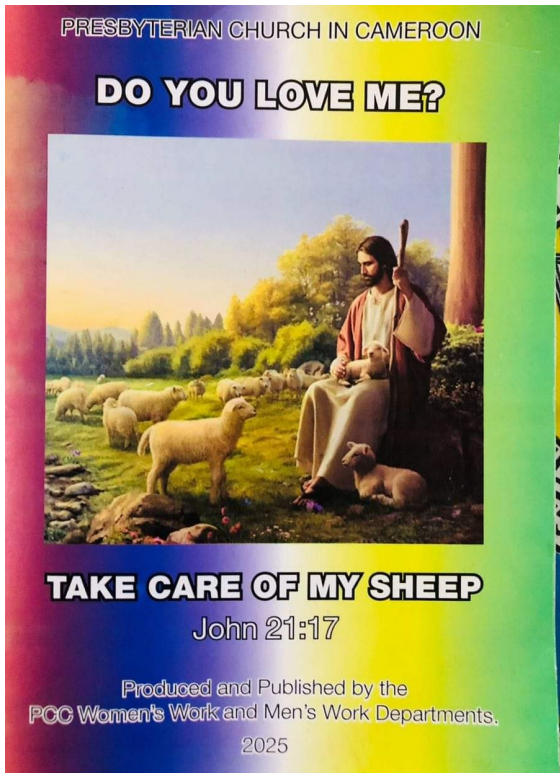
CWF/CMF Fako North Leadership Course

By Metuge Stanley & Angwi Njamah



“Do You Love Me” with the watchword “Take Care of my Sheep” drawn from John 21 vs 17, is the theme that united delegates of the Christian Women Fellowship (CWF) and Christian Men Fellowship (CMF) groups in Fako North Presbytery on the campus of PCSS Buea.

Presiding over the leadership workshop opener, the



their transformation other sisters and brothers may draw closer to God. The message fell on fertile ears and optimism as most of the participants looked forward to taking back a head full of knowledge at the end.

Special guest at the workshop opener was the New National Secretary for the Women's Work Department Rev. Use Theresia Bendze. While addressing the participants, the new National Secretary reminded them of the reason for the course. Urging every one of them on the necessity to concentrate during lectures and the spiritual gratification that awaits them at the end. Rev. Use Theresia as a mark of happiness from the women, received a Beautiful Sawa traditional regalia.

The workshop came to a close with a retreat led by the CMF Fako North Chaplain Rev. Ngale Simon who called on the course participants to do an introspection and evaluate their call to leadership. Course participants could not hold back their joy while expressing how impactful the course was with one of the key organizers, CWF president for Fako North, Mbamba Enanga Ngenge Cecilia rating the course at over 80 percent success rate, with participants coming from areas long estranged by the ongoing Anglophone crisis.

Presbyterial Secretary Rev. Foncham Ezekiel Fonmuna transmitted the message of the Moderator to the participants through the forward of the book. He called on them to go through the learning process meticulously, so that through

CWF/CMF Leadership Workshop Batibo Presbytery



It was on Sunday the fourth 4/8/2023. The streets of Batibo from Central to Wumugi and Guka were filled with people of all shapes and colours. These "Boys in blue" and "Girls in yellow" were heading to PHS Batibo campus, venue for their joint Leadership course that ran from 4th to 7th August under the theme "Do you love me?" and Watchword "Take care of my

sheep," (Jn. 21:17). It was an incredible moment for delegates and colleagues to commune with the National Secretary for the Mens Work Department of the PCC, the Rev. Paul Ngu Tah.



CMF CWF Leadership Course, Ngie Presbytery



Ngie Presbytery officially opened the Study Book for CWF and CMF for the year 2025 on Theme "Do you love me" with the Watchword "Take care of my sheep" on behalf of the Moderator of the PCC. And ran the leadership course for three days. We were privileged to have the Regional Secretary for CWF with us, Ma Bingwa Destiny Chebe.



CYF East Mungo North Leaders Equipped with Leadership skills

By Akumany David



Leaders of the Christian Youth Fellowship CYF of the East Mungo North Presbytery PCC have strengthened their leadership capacity to better serve their respective groups in this new mandate.

This is thanks a 3 days capacity building workshop that ran from August 15 to 17 2024 at PCSS Mfou outskirts of the Nation's Political Capital Yaounde.



Pointing out the *raison d'etre* of the course, the Presbytery President Bro Atem Kavin said it was geared at developing leadership skills in the leaders as they take up positions for this new mandate. He said " It was important that we have this course to equip the leaders with leadership skills that will better help them to lead their groups in this new mandate. We thank God that it was successful and we pray that the leaders apply all what the creams and talents of facilitators that we had for the course in their groups so that they will continue to grow."

One of the Participants of the course Bro Tankeu Paterson of CYF Akok Elouden Said the course permitted him to have another view of leadership that will permit

him better lead his group. He said " I have learned a lot in this course. I have seen leadership in another sphere. I will apply what I learned here that will help me grow my group "

During the opening, the Rev. Forsuh Bernard Nji Presbyterial Treasurer for the East Mungo North Presbytery called on the young leaders to hold on to God as they lead their various groups. He said " As I told them during the opening they should see their ascension to leadership as a Divine call not as an opportunity to oppress and use power. It is a call for service and God should be their guide and pillar. I wish them well in their leadership of the PCC "

Key aspects handled during course include Financial stewardship, Public speaking, writing correspondences, First aid, leading a group in Crisis and many others.

The leaders are expected therefore to transmit the knowledge gathered to lead their groups towards greater achievement.



Christian Youth Fellowship and Young Presbyterians' Leadership Course Tubah-Boyo

By Alota Victorine



Encamped for five days at Tubah Congregation, Presbytery Seat for Tubah-Boyo, were over 120 youths from congregations across the Presbytery. The course that began last Wednesday 14th August 2024 saw the participation of at least three delegates from each group, Zonal Coordinators, Section Leaders for the Young Presbyterian Movement, Patrol Leaders and Head Teachers.

Cognizant of the fact that youths have a major role to play in Church and society at large, the hierarchy of the Presbytery, headed by the Rev. Numfor Godwin skillfully earmarked this holiday period to better empower the youths of the Presbytery for greater productivity.

Elder Mrs. Ambanasom, Presbytery Chairperson marked present at the course as she extended on behalf of the Presbytery a warm welcome to all participants. Like a mother, she dropped a word of caution to all to pay attention to all that would be taught them.

The intensed Capacity Building Workshop that saw the exploration at least twenty-eight topics widened the scope of participants. Some of the topics were: "The Mission of the Church (PCC) in Relation to the Reformed Tradition". This was handled by the PS himself. At the verge of proliferation of Churches in our society, it is incumbent on PCC youths to know their identity he stressed. The Presbyterial Treasurer, the Rev. Mengi Alfred P. Talked on "Management of Church Finances". Owing to the fact that many a youth have gone astray, even in the Church, due to the love of money, Tubah-Boyo Presbytery Youths were cautioned to be good financial stewards, faithful and accountable to Church's finances entrusted in their hands at the level of their groups, Zones, Sections and Presbytery at large.

Also present at the workshop was the Youth Pastor, North West Region, Rev. Shey Vitalis Ndi, who explored the Youth Splash/REAL TYPS bringing out themes and key elements. Other topics amongst others were "Church and Spirituality among Youths, Church

Leadership and History of the PCC, History and Functioning of the CYF and YP, PCC Liturgy and Digressions, Life in the University Melieu, Parade Theory and Practical, Sex Education and Youth Relationships, Mental Health First Aid.

Since learning without play makes Jacqueline a dull girl, the youths were drilled on varied games both indoors and outdoors. Then came the Cultural Evening, a time of relaxation and networking amongst the youths of the Presbytery.

The clergy of the Presbytery amongst whom, the Youth Coordinator for Tubah-Boyo Presbytery, the Rev. Angeh Pascal Ongum and other stakeholders from other walks of life facilitated this year's course.

Sunday 18th August 2024, put a cap on this year's Leadership Course as the PS called on the youths to depend totally on God, their Ebenezer and he will see them through in all they do. The service witnessed the dedication of Presbytery Executive Members of the Movement, the award of certificates to participants and family photographs. Indeed it has been Ebenezer: The Stone of their Help (I Sam. 7:12). The youths left zealous to go and teach, just as they have been taught.



Sunday School Leadership Workshop Fako North.

By Metuge Stanley & Angwi Njamah



It was a basic and intermediate Capacity Building workshop for Sunday School teachers which was held on the premises of PC Molyko-Fako North Presbytery.

The workshop was officially opened on Friday, August 8, 2024, by the Presbyterial Secretary for Fako North Rev. Foncham Ezekiel Fommuna, who called on these leaders to remember that the nurturing of the foundation of the Church which is the Sunday School, is in their hands and so they should do their best to accomplish this task.

For 3 days, these Sunday school leaders were imbued with more knowledge to equip them as they care for the church's



they promised to organize internal workshops to transmit the knowledge to their peers and students.

The leadership workshop also saw the election of new Sunday school Executives for Fako North Presbytery and Elder Martin Likiye Succeeded himself as President. He pledged to use this new mandate to better the teaching conditions of Sunday school instructors.

For their plans to materialize, the host pastor of PC Molyko who oversaw the closing ceremony Rev. Dr. Tabi Pascaline called on the teachers to Commit every plan to God and success will be their portion.

nursery. The workshop will come to a close on Sunday 4th August 2024.

Sunday, August 4th, 2024 marked the end of the workshop in Fako North Presbytery which had participants coming from the Buea, Muea, and Muyuka zones who all received their Attestation to affirm their qualitative and quantitative presence in the four days of schooling. Most of them expressed contentment with the opportunity given to them by the Youth Work Department to acquire new teaching skills and knowledge. Going back to their Congregations,



Department of Lay Training and Evangelism Opens Study Book

By Emma Haiga



The Study Material for the Department of Lay Training and Evangelism 2025 has been officially opened by the National Secretary for that Department Rev. Ndip Phillip Nkongho on Saturday August 24 2024 at the Sunday School Hall of the Mezam Presbytery seat PCC Ntamulung.

The study theme for 2025 is " BE ALERT AND PRAYERFULL " from Luke 21:36.

The Presbyterial Secretary for Mezam Presbytery Rev. Ngwa Hosea Ambe while opening the study book encouraged all present with the words of Genesis 11:1_6 encouraged them to be committed, be in agreement with one another and be part of group activities so that they speak a common language at the end to win souls for Christ.

While opening the study book Rev. Ndip Phillip Nkongho told those present to be the tree planters of their various choir groups and associations, have the consciousness of Christ and fly high to change the narrative and that the term Alert is just like the greeting of the Young Presbyterians YP and be prayerful no matter the situation they face.

He further used the opening of the study booklet to appreciate all the members of the choirs Association and groups for their support to the department of Lay Training and Evangelism as they purchased a car for the Department which was officially dedicated and handed to him by the Moderator of the PCC Rt. Rev. Dr. Fonki

Samuel Forba on Tuesday December 5th 2023 at the Synod Office.

Also present for the opening of the 2025 study booklet was the Regional Secretary for Lay Training And Evangelism Rev. Mformi Valentine who at press time said the opening of the study book this year is different from the others in aspects of organization and attendance and that the theme for this year is different from the others especially as the country is facing socio-political crisis. He further edged all present to be alert and prayerful in this trying times.

The National Presidents, Presbytery Presidents, Secretaries, Regional Exco, Group exco members and members from Mezam, Mezam South, Tubah Boyo and other Presbyteries in the North West Region answered present for the opening of the study book promised to encourage their members get the study material which not only acts as a Bible or for their rallies but also helps in building the spiritual life of the Christians especially with its contents.



The Session of PCC Ngomgham Trains Over Five Hundred Youths

Bjy Jude Ntam



Over five hundred youths in the Ngomgham neighborhood have attested of the life transformative 2 day youth summit organized under the theme "Youths and Modern day challenges" by the session of PCC Ngomgham

The youth summit that began on Friday August 24 and ended on Saturday August 25 had youths from different backgrounds and schools drilled spiritual, social and career subjects matter.

Present to dish out lessons to the young ones was the Parish Pastor of PCC Ngomgham, Rev. Fobang Christopher Tah, the Associate, Rev. Nkwenti Joseph, the Chairman Elder Dr. Nkwenti Ignatius, the Vice Elder Wankah Rosaline, Mme. Mah Ayangwe clinical counselor, and coordinator of the event.

"We thank God that we could use this opportunity to organize

hundred in day two.

"from this youth summit 2024, I've been able to see that being a youth, it has it crisis, it has it enjoyment, it has it complications as well as it has it benefits. Though the way we youths we take our lives, it may be very rough and reckless. Sometimes we turn to make rational decisions which may end up destroying our future. This youth summit has helped me in such that, I may be able to know the differences between the good and bad attributes, which I may see in the Society" Tih Emmanuel, One of the participants of the workshop narrates.

"I've learned many things that adolescent is a trying age, it's very difficult to overcome this age, but since we have gotten a little bit of lectures from here, we can now overcome this age. We have also learned about drugs, that drugs are not good for our health and it can give us, physical mental and Social problems. The seminar is very good I gathered a lot of things like, it's not good to take drugs and we should always have a close relationship with our parents. We learnt about juvenile delinquency which is not a good practice, it may lead us to jail, we learnt about hygiene, how to succeed in your career. To name but these". Chick Prince Ryan,

Haven been imbibed with the knowledge on youths and spirituality, effects of drug abuse, career orientation, STEM Education, juvenile delinquency, youths and the law, youths and sexuality, and school work life, the youths are going back as ambassadors of positive change amongst their peers, family and community.



the Youth summit with our children of the congregation. We thought that being the holidays we should give our children two days that we could train them or lecture them on issues that are effecting our Youths today in order to guide our children so that they can grow up in a way that they will be responsible in future". Rev. Fobang Christopher Tah, Parish Pastor, PCC Ngomgham.

"I've been working with the youths and I realized that many of them are going astray my main goal for organizing this summit is to sensitize the youths of this congregation so that tomorrow they'll grow up to be guided and not go astray where they'll find themselves in the prison like those who are there".

Statistics presented on day one of the workshop indicated the presence of over four hundred youths on day one and over five



PC Akum Mile 4 Unveils New Look Sanctuary, Christians Pledge to Support Ongoing Project

By Jude Ntam



Christians of PCC Akum Mile 4 have appreciated and pledged to support in kind and cash more church projects in the parish.

This follows the celebration of the new Church house and the unveiling of the beauty of the new sanctuary conducted by the Parish Pastor, Rev. Voma Simon Montoh in course of a Divine Service.

"The Sanctuary has been given a New Look and the object that we have put at the Sanctuary, we have deliberately put them because they have theological values the first is that we have put Bibles carrying the word Jesus is king of kings and Jesus is Lord of lords. That tells of the position of Jesus whenever the people come to worship. We have also put the Cross, the

Parish Chairperson Akum Mile 4.

PCC Akum Mile 4 ones known as Basel is located few meters from the Main Road just after the pork meat joint. It, is painted grey, brown and white in colour and remains a source attraction to many. "I came here when the Church was not yet tiled and I mobilized some elites and other persons of good will and we raised the funds and we had the floor tiled. Then we've done the painting of the entire church from within and also from outside. This is done to give the Church beautiful look and also embellish the village of Akum itself. Even though the beauty here is mainly spiritual but physical beauty also plays role to that. People need to be attracted to see the beauty and then they need to come also to worship God". Rev. Voma Simon Montoh Parish Pastor PCC Akum Mile 4.

Meantime, a total of three Million two hundred and Sixty Four Thousand Francs of cash and pledges were raised as support to ongoing works in the Church. This, thanks to some elite of Akum who supported in cash ranging from cfa 50.000, to 1million .

"When we were growing up, this church was popularly known as Basel. In the days of Communion, the people up that side will say Basel take banana make communion. We never believed that one day a dream shall become true. Because we started from the foundation, now is the roofing, the finishing. So we're proud to do something. We still have a lot to do. I am one of the pupils from PS. I graduated from this school and I'm blessed enough. If you go out and you find something, you have to return back to your place". Ndikum Alexander Nji.

Worth noting is that PCC Akum mile Parish has four congregations and Mile 4 congregation stands out as the seat of the Parish.



major symbol of the Church. It is on the cross that Jesus died to save humanity. Then we have also put the Holy Spirit coming down from the sky and the event is that when people join together to worship they're worshipping in spirit and in truth". Parish Pastor PCC Akum Mile 4 Rev. Voma Simon Montoh.

The event also witnessed the dedication of Vestments for the sanctuary, Communion bowl and Uniforms for Movements.

Present to witness the dedication rites were hundreds of Christians from within and without PCC Akum Mile 4 who animated the service with a show of culture as portrayed in their traditional regalia.

"It is our joy and a great day for us as we celebrate this wonderful event , an event which we think comes once a while. It is not all that easy so the occasion has been a success and we also thank God for our Rev. Pastor who has actually put the effort to see that all moves well". Elder Akere Gerald,



Mezam CYF Zonal Come Together

By Chi Fiazefu Wei



Members of the Christian youth fellowship of Ntamulung zone in Mezam presbytery have celebrated their zonal come together on the theme “Ebenezer the stone of my help” .

The groups showcased their talents in exhibition, traditional dance singing Among Others

The event that took place in course of a Divine service at



PC Mulang was officiated by the parish pastor Rev Enuge Festus

During the service the parish pastor urged all present to pray and always look up to God for he is their refuge and strength

The come together was attended by six(6)groups Bangshie, Mulang, Ntamulung, Ntasen sisia Ntenefor

Nkwen and also witnessed award of prices.

Brother Kometa Divine was equally awarded for his contribution and growth of the movement

Rating this years zonal come together the zonal coordinator brother Darlington Martin share the groups came well prepared to compete

He encouraged them to continue with group practice as they look forward to their annual rally come February 2025.

Among the six groups that took part in the come together, CYF Ntamulung emerged first and Mulang second.

Pictures from CYF Pretoria Handing over the Zonal Flag to CYF Bramley



Successful End of 3rd Season of CBS Radio Buea Holiday Challenge



Close to 30 kids from within the Buea community have benefitted from didactic materials as part of the CBS Radio Buea Back-to-school program christened "CBS Holiday Challenge".

For 5 Weeks, these kids graced the airwaves of the Christian Broadcasting Service, CBS Radio Buea where they were quizzed on the Bible and General Knowledge a step-by-step process which had winners with top scores earning their spot in the final round and later competing for the top position. In the end all the kids were

Limbe, Pres Print Plc, Presbook and TELNET Cameroon powered this edition of the CBS Radio Buea Holiday Challenge.



motivated with prizes comprising of Cash, Material or both depending on their different ranks, however, recognizing each child's participation.

The program host Abane Jeffery Obasse appreciated the preparedness of the kids for this year's Challenge which was evident in the responses they gave to the different questions which he said some adults might find challenging as well. He also called on parents, guardians and any other well-wisher to support this endeavor through sponsorship come the 4th edition same time next year.

It is worth noting that the PCC Financial Secretary, Pres Micro Finance, Presbyterian Paediatric Eye Hospital



Indigenes of Mondoni Put Smiles on the Faces of the Less Privileged of PNS/PS Mondoni

By Cecilia Mojoko Kondo



Pupils of PNS/PS Mondoni town have received didactic materials and other essentials to facilitate learning for the academic year 2024/2025.

The gesture which was made on Saturday August 17 was thanks to Georgiana Akan, a daughter of the soil based abroad and champion behind the Maria Yah Foundation of Hope.



The donation includes: renovation of the school’s sign post, white writing boards in all the classes, writing materials and books, two desktop computers powered by solar panel, mineral water to be supplied to the school regularly, and uniforms and scholarships to the underprivileged.

Representing the PEA family at the event was the manager of schools, Buea Managerial Area, Hannah Effetti Mefondo, who on behalf of hierarchy thanked the donors and urged the school administration to use the resources to canvass for more in take this academic year.

The event that took place at the school compound was heavily attended with several activities from both the pupils and teachers to animate the day.



Eringo Back2School Initiative

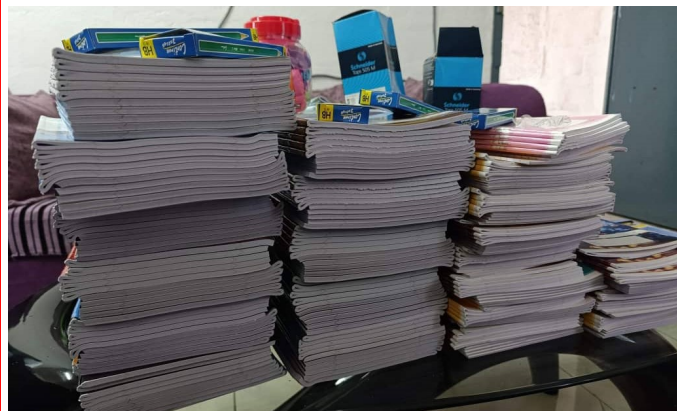
By Nina Nwaseri



Over 40 Kids have Benefited Didactic Materials from the Eringo Back2School Initiative.

The Initiative is a brainchild of CBS Radio Buea Station's Manager Boris-Karloff Batata

Those who benefited from this Humanitarian gesture included Pupils and students whose parents are Internally Displaced Persons IDPs, and others whose parents are with disabilities in Limbe Camp as well as other under



privileged persons.

The visit to Limbe Camp took place Saturday August 17 2024. The items comprised of Books, Pens , Pencils to name a few in order to aid the over 40 kids start up the 2024/2025 academic year in high spirit.

It should be noted, the the idea to give back to the community By the station Manager, came as idea after visiting the area some few months back, realizing that these Persons, needed care and attention



Back to School Donation for the Community by the Community.

By Angwi Njamah



For members of a community to take the initiative to empower their youths through providing for them, school supplies as they head back to school is to show that the world has not gone completely mad and people still have their hearts in the right place.

This is the case of the Back to School Committee of the Babouti/Strangers' quarters neighborhood in Buea Town made up of 22 members, put themselves together and raised the sum of over CFA Nine Hundred thousand (900,000) to support parents and their children who are all denizens of that neighborhood, get ready to start school, come September 9 2024.

Mr. Lobaty Divine Nde is the chairman of this committee



and he says the committee was born by a few and were later joined by a who helped realize the idea of giving back to their community. he says the initiative goes a long way to also follow these recipients with their school work and with the permission of the quarter heads intervene if and when the children become recalcitrant. This he says is possible because before the donation committee members took statistics of the different households especially the contacts of the parents and guardians.

With an initial envisaged number of one hundred (100) recipients, this committee ended up reaching out to over

three (300) hundred kids from within the neighborhood, paying no mind to tribe, religion or any other thing that could bring about disunity. The items were shared taking into cognizance the different streams that is of study general and technical for those in secondary school.

All this transpired in the presence of the quarter heads of



the different quarters that make up the previously enlarged strangers quarters, who while addressing the recipients emphasized that they put in their best so that they don't let down their benefactors who have greater plans for their future and the future of the neighborhood at large.



Ndangoh Tah Calvin Foundation Promotes Peace And Unity In Meta Via Sports Tournament

By Jude Ntam



Thousands of spectators in Mbengwi have on Sunday August 18, been thrilled to a scintillating and exciting sporting encounter at the Mbengwi Municipal Stadium dubbed the Meta Unity Sports Tournament".



Organized by the Ndangoh "Tah Calvin Foundation", the competition in its first edition brought together local administrators, religious and traditional leaders, sons and daughters of meta both from within and without Mbengwi.

Present to set the ball rolling for both the handball and Football final, was the organizer of the competition Barrister Tah Ndangoh Calvin, Divisional Officer for Mbengwi Ngidah Lawrence, and the Presbyterian Secretary for Meta Presbytery, Rev. Ngongan Paul Anyam.

"The Social Atmosphere, gives us hope that in a not too distant time in the future, we're going to witness a total return to normalcy" Rev. Ngongan Paul Anyam.

Explaining the reason for the competition, the organizer, Barrister Ndangoh Terrence whose foundation caters for the widow, the old and the disabled, noted that, Meta land can

only be developed through Peace and Unity because he deemed it necessary to organize the competition.

"We can only develop Meta if we are one. It is not only football, there are other competitions going in the clan. It should bring Meta people together and preach peace to the people. We can only develop this Meta land if there's peace. The competition started on July 14. I did not see this happening, it is a wonderful thing, this is a football competition that has nothing to do with politics. It has no political coronation. It is football, it is sport it is development, it is Unity it is Peace". Barrister Tah Ndangoh Calvin, CEO Ndangoh Tah Calvin Foundation.

"This tournament donated to us by Ntumfor Barrister Ndangoh



Tah Calvin has gone a long way to impact positively the life and the peace process of Mbengwi subdivision. It has given our youths the opportunity to have a very pleasant holiday". Divisional Officer Mbengwi Nginda Lawrence.

The football final between Njembeng FC and Tunic saw Njembeng FC carrying home the trophy with a 4 goal to 1 victory against their opponent.

America Conquers Paris

By Metuge Stanley



For over 2 weeks the world converge on 1 city French Capital Paris. 206 nations answered the Olympics call dispatching 10,500 athletes. These citizens of the world after robbing shoulders in 32 disciplines only 84 nations at least won a medal, including the 329 gold medals which were up for grasp.

The French government and the International Olympics Committee provided 600,000 meals everyday in the Olympic village and the country with the highest number of athletes USA capitalized on it. The 637 American athletes outperformed any other nation in Paris by clinching 126 medals, 40 of them in gold. It's the eighth consecutive Summer Games where Team USA has won more medals than any other country with Paris being the foreign soil it has won its highest medals .

achieve numerical gender parity on the field of play, with an equal number of female and male athletes participating in the largest sporting event in the world. Out of the 10,500 athletes 5,250 were men and 5,250 women.



The first modern Olympics were held in Athens, Greece, in 1896 after its introduction in 1894 and The man responsible for its rebirth was Frenchman **Baron Pierre de Coubertin**. He should be rejoicing in his grave ,that what he Rejuvenated some 130 years ago, is growing stronger and better. The 33rd Olympiad Paris France 2024 is now History while the 34th edition Los Angeles USA 2028 is the Future. Aurovoir to the city of light which hosted the Olympics for the 3rd time in history and welcome to the city of angels that will be hosting the summer games for the 2nd time.

The United States and China both leave Paris with 40 gold medals, marking the first time two countries have tied in gold medal total at the Summer Games.

The USA and China have been archrivals at the Olympics time immemorial with the last 2020 summer games still fresh in mind as team USA harvested 39 gold medals as against 38 for China. What a tussle for sportsmanship?

Kenya finished on the 17th position on the log making them the Best African country in Paris. Out of 11 medals, 4 of them are in Gold ,2 silver and 5 bronze.

Paris 2024 became **the first Olympics in history to**

