

Associates in Africa

By Sister Ann Coleman, Central Pacific Province, serving the Province of Africa



Left to right: Sister Esther Alaam, Director of Associates for Ghana, Hannah Adams and Cynthia Frimpomaa signing her covenant.



Left to right: Hannah Adams, Cynthia Frimpomaa receiving a copy of Trust and Dare from Sister Victoria Swanzy-Essien.

“I choose to live the charism of the School Sisters of Notre Dame by deepening personal and communal prayer, participating in local and congregational activities, striving to live the spirit of the gospel of Jesus and extending that spirit into service for God’s people.” ~ *From the SSND Associate Covenant*

The Province of Africa, through the leadership of Sister Victoria Swanzy-Essien, launched the Associate program at the end of the Provincial Assembly in August 2018. A Sister from each of the five countries in the province (Ghana, Kenya, Nigeria, Sierra Leone and The Gambia) were commissioned as Directors of the new Associate program. Each was given a booklet in which the plan of Associate formation was explained. The “something new” was initiated.

On December 30, 2020, the Ghana area received two Associates, Hannah Adams and Cynthia Frimpomaa. The ceremony marked the first two Associates to be received in the province. Hannah Adams is, and has been, the chef *par excellence* at the SSND Sunyani House community. She has a 7-year-old daughter, Marina. Cynthia Frimpomaa graduated from Notre Dame Girls Senior High School in Sunyani, earned her degree and returned to her *alma mater* to teach English. Currently, she has added housemistress to her teaching schedule. She is married and has three children: two girls and one boy.

The province is thrilled to have Associate members who are committed to the SSND charism and looks forward to having more people choose to follow the SSND charism as Associates.



Front row, left to right: Sisters Esther Alaam, Maureen Wekeska, Emelia Agana Ayambire, Victoria Swanzy-Essien.

Back row, left to right: Sisters Elis Viebeck, Irmina Maciejowska, Associates Hannah Adams, Cynthia Frimpomaa, Sisters Irene Brookman Arthur, Ann Coleman and Lucy Waigwa.

Photo by Sister Helen Galadima.



*Left to right:
New SSND Associates
Hannah Adams and
Cynthia Frimpomaa.*



“Love is the sign through which the world should be convinced that we believe in Jesus.”

Blessed Theresa of Jesus Gerhardinger,
SSND Foundress