

**SISTERS OF NOTRE DAME DE NAMUR, PROVINCIALATE COMMUNITY,**  
**ABUJA, NIGERIA PROVINCE**

**A Report on How the Sisters are Coping with the Coronavirus Pandemic**

A little butterfly flips its wing in one corner of the world, and its effects is felt deeply in every part of the world. Who could believe that a little butterfly has such capability to make the whole world stand still? Yes, everything God created is beautiful and interconnected. It is the connectedness of all creation, especially humans, that brings about the spread of coronavirus even as we speak (human to human transmission). However, as long as we are still living, life must continue and we can always trust in God that all will be well. As a popular Nigeria proverb goes, “However long the night might be, the dawn will always break.” We trust that God is bringing something new out of this chaotic pandemic.



The Sisters living and working in Kuje, Abuja in Nigeria wasted no time in taking every precaution as soon as they heard about the coronavirus pandemic in the country. They made their own findings about the coronavirus pandemic and started creating awareness of it to their students, co-workers and staff members. After that, they followed the directive of the Federal Government of Nigeria that all the educational institutions be shut down until the pandemic is over. The Sisters were more concerned about the health of their students, and as such, they asked all their students to return to their parents.



This difficult time of coronavirus pandemic has affected the community life both positively and negatively. Sisters, including non-community members, started maintaining the social distance. As a result of this, some community members who returned from the

United States of America and Lagos experienced self-isolation for few days. Wonders shall never cease! In addition, everybody has been mandated to stay at home and be safe though when there is an urgency to go out (to buy food and other essential items) sisters try to avoid public transportation as much as possible. Adding to this, the Nigeria Province Leadership Team of the Sisters of Notre Dame de Namur, encouraged the sisters to maintain the necessary preventive measures. All domestic staff members were asked to stop work until this period of coronavirus pandemic is over. To follow the update of this pandemic, the sisters created more times to listen to both the local and international news. Lack of electricity would have been an obstruction, but thanks to God for the availability of solar energy.

On the other hand, Sisters try to observe the regular hygiene of washing of hands with soap and water frequently. The use of the hand sanitizer in order to keep the virus away is done regularly. To control the spread of this deadly virus, Sisters restricted visitors from coming to the community. Even though the cost of items has extremely increased, Sisters try to eat more fruits, vegetables and take hot water instead of cold water in order to boost their immune system.



*Sisters kneeling in prayer  
as Pope Francis blesses  
the world via EWTN*

Furthermore, the prayer life in the community has also changed since this coronavirus pandemic started. All activities with the public have been put to hold, including attending Holy Mass daily. Thank God for technology which enables the Sisters to watch and participate in the Eucharistic celebration and make a spiritual communion on different television channels such as EWTN, AIT, Lumen Christi, among others. Since this coronavirus pandemic started, in addition to normal prayer time, the community has started daily special prayers for God's intervention and eradication of this pneumonia (such as the recitation of the Holy Rosary, praying Psalm 91, Divine Mercy prayer and Stations of the Cross). Since there is no morning rush to ministry, the community now has more time to eat, chat together, and catch up with what is happening around and within them.

This is really a tough time, and the sisters know and believe that it shall pass. Our God is a good God indeed! Let us hold on to him with all our heart. Everything will surely pass away, even CORONAVIRUS too will pass away, and the only thing that will remain is the love of God.