



# HOLY MASS

**LESA USA 20<sup>th</sup> Anniversary**  
**Celebrating Sisterhood, Faith & Justice**

**Main Celebrant: Fr. Maurice Akwa**  
**Concelebrants: Fr. Michael Suh Niba (Homilist)**  
**Fr. Canisius Tah**

**Saturday June 22, 2019**

**Hilton BWI**  
**1739 W. Nursery Road,**  
**Linthicum Heights, MD 21090**



ARCHDIOCESE OF BAMENDA



5<sup>th</sup> June, 2019

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My dear mothers and sisters,

As you celebrate LESA USA 20<sup>th</sup> annual Convention from the 20<sup>th</sup>-23<sup>rd</sup> June, 2019 at Linthicum Heights, Maryland, USA, I would like to wish each and every one of you a successful come together. May the Holy Spirit accompany you in your deliberations so that you may discuss issues that will be in accordance with your mission which is **“To foster and promote the education and health of the Girl Child in Africa and around the world”** and your vision to have **“A world where every Girl child is given opportunity to live to her full potential”**.

This mission and vision you have accomplished so far through the various projects that you have carried out in the past years. Change Care Foundation, of which I happen to be a member collaborated with LESA USA Inc. in distributing sanitary and basic hygiene items in 2018/2019 to over 500 women and girls who are internally displaced in the North West and South West Regions of Cameroon thanks to your generosity.

As you hold your annual convention, may our Mother Mary intercede on behalf of each and every one of you and your families. May she accompany you in accomplishing many good works in support of women and the girl child in Africa and around the World. We remain united in prayers always and I wish you a successful annual convention. Congratulations LESA USA and **‘Ad Multos Annos’**.

*Michael Miabesue Bibi*

†Michael Miabesue Bibi

Auxiliary Bishop of Bamenda



## LETTER FROM THE PRESIDENT



My dear Sisters, as we gather together for Holy Mass, permit me to say a short prayer, on your behalf, to Our Father in Heaven.

"Heavenly Father, on behalf of the LESA USA Family, I want to thank You and exalt Your Name over the Heavens and the Earth, through Our Lord and Savior, Jesus Christ. I thank You for keeping all of us alive to celebrate our 20th Anniversary. Thank You for Your Loving Kindness and Mercies that endureth forever. Thank You for Your Grace that we do not deserve. I lift up my hands in Thanksgiving and Praise unto You, Our God, who sitteth on Your Mighty Throne. We are nothing without You. We are Conquerors in Christ, Our Lord and Saviour, only because He continues to reign in our midst. Thank You for the ordained Priests and Reverend Sisters and Holy People, You have sent to bless us. Thank you for the loving families You have given us. Thank You for our relentless and kind Patrons and Donors You have ordered to assist us in our cause. Thank You for every blessing You have bestowed upon each one of us. I

pray that You continue to bless every Lesan in this Family. That You grant them their heart's desires. I lift up each family, they stand in the gap for, that You bless them and keep them. May Your Countenance be upon us and may we be Salt and Light on earth, that All Glory be given unto You. I pray for all who are sick amongst us, and pray that You pour Healing Waters on every sick Lesan, and our loved ones who are sick. I pray for the Lesans we have lost around the world, and those amongst us who have lost loved ones, that You send Your Divine Comfort and Divine Healing to mend the broken hearts of the mourners, and that You grant the Souls of the Departed Eternal Rest. Amen. May You keep us united and together, bound with love, respect and peace. May You Cleanse us with hissoop, Father, and create a new heart in us. Forgive our sins, Almighty God, as we forgive those who have sinned against us. Increase us with Your Holy Spirit that we may hearken to you, as You hearken to us. Never let Your Spirit depart from us as we strive to be great ambassadors of Yours, through Christ Our Lord, we pray. Amen.

Holy Mary, Mother of God, Matron of Our Lady of Lourdes College, Matron of LESA USA, we beseech thee that you continue to intercede for us. Hail Holy Queen, Mother of Mercy, Our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of Mercy towards us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement O loving O sweet Virgin Mary. Amen.

Thank you, my sisters, for your loyalty, dedication, sacrifices and love. May we stay united in love and peace, respecting each other. May God answer my prayers for LESA USA and may He grant us what we all individually desire in our hearts. Long Live LESA USA!!! Long Live Our Lady of Lourdes College!!! Long Live Cameron!!! Long Live USA!!!

Happy 20th Anniversary to you all!!!

Love always,  
Your humble servant,  
Christine Nkwain, LESA USA Inc.,  
National President

## **Order of the Mass**

### ***Entrance Procession***

#### **You Servants of the Lord**

Ñu di tondi bola, a bonate ebanja na (2ce)

Bola, eh eh bola, eh eh bola.

Bola ne bola eh bola eh eh bola.

Ñu di tondi bola, a bonate ebanja na (2ce)

Bola, eh eh bola, eh eh bola.

Bola ne bola eh bola eh eh bola.

Come Glorify the Lord, Glorify the Lord with me.  
You servants of the Lord, glorify the Lord Alleluia !  
Together let us praise his name, praise his name

Look towards Him and shine  
And do not feel, don't feel abashed;  
This poor man, this poor man called  
The Lord heard and saved him.

### **Entrance Hymn**

#### **Colours of Day Dawn into the Mind**

Colours of day dawn into the mind,  
The sun has come up, the night is behind.  
Go down in the city, into the street,  
And let's give the message to the people we meet.

#### ***Refrain:***

So light up the fire and let the flame burn,  
Open the door, let Jesus return.  
Take seeds of his Spirit, let the fruit grow,  
Tell the people of Jesus, let his love show.

Go through the park, on into the town;  
The sun still shines on, it never goes down.  
The light of the world is risen again;  
The people of darkness are needing our friend.

(Refrain)

Open your eyes, look into the sky,  
The darkness has come, the sun came to die.  
The evening draws on, the sun disappears,  
But Jesus is living, and his Spirit is near.

(Refrain)

### **KYRIE**

Lord, grant your mercy to us, Lord we ask for your mercy.  
We know that we are sinners Lord send us your mercy.  
Christ grant your mercy to us, Christ we ask for your mercy.  
We know that we are sinners Christ send us your mercy  
Lord, grant your mercy to us, Lord we ask for your mercy  
We know that we are sinners Lord send us your mercy.

### **GLORIA**

And on earth peace to men of good will  
We praise thee, we bless thee, we adore thee, we glorify thee.  
We give thee thanks, for thy great glory, for thy great glory, for thy great glory.  
Lord God heavenly King, God the Father Almighty, Lord Jesus Christ only begotten  
Son, only begotten Son.  
Lord God Lamb of God, Lord God Lamb of God, Son of the Father Son of the Father.  
You take away the sins, the sins of the world. Have mercy on us, have mercy on us,  
have mercy on us.  
You sit at the right hand of the Father. Receive our prayer, receive our prayer,  
receive our prayer  
For you alone art Holy; Jesus Christ Most High, Most High, Most High.  
With the Holy Ghost, with the Holy Ghost, in the glory of God the Father, of God the  
Father.  
A...men, Amen, Amen, Amen.

## *Liturgy of the Word*

### ***Lectionary procession:***

**Whililili eh Alleuia aya,**

Honor the word of God, Praise the word of God.

Whililili eh (*Repeat*)

This is the word of God, Alleluia, aya

Honor the word of God, Alleluia, aya

And praise the word of God, Whililili eh.

Listen to the Lord, Alleluia, aya

Sing your praise to him, Alleluia, aya

And praise the word of God, Whililili eh.

### ***First Reading***

#### *Responsorial Psalm*

#### **Gospel Acclamation**

Amen Alléluia

Le Seigneur est bon. Amen, Amen, Amen, Amen

Le Seigneur est grand. Amen

Et la terre chante sa gloire Alléluia

Amen, amen oui amen

Le Seigneur est le seul Dieu

Qui créa notre univers. Alléluia , alléluia !

Et nos voix chantent la gloire de son nom Alléluia , alléluia

Amen alleluia (2x)

Amen (2x)

#### **GOSPEL**

**Homily:** Fr. Michael Niba

**CREDO (To Be Recited)**

I believe in God, the Father Almighty, Creator of Heaven and earth;  
and in Jesus Christ, His only Son Our Lord,

Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into Hell; the third day He rose again from the dead;

He ascended into Heaven, and sitteth at the right hand of God, the Father almighty; from thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting.

Amen.

***Prayers of the Faithful***

*Let us pray for the Pope:*

*Let us pray for the Church:*

*Let us pray for the sick:*

*Let us pray for Our Lady of Lourdes students, their parents, the Principal and staff:*

*Let us pray for our country Cameroon:*

*Let us pray for Lourdes ex-students:*

*Let us pray for peace:*

*Let us pray all gathered here today:*

**Let us channel our prayers to our Mother and Patron Saint as we sing:**

As I kneel before you, as I bow my head in prayer,  
Take this day, make it yours and fill me with your love.

*Ave Maria, Gratia plena, Dominus tecum, Benedicta tu.*

All I have I give you, every dream and wish are yours,  
Mother of Christ, Mother of mine, present them to my Lord.

*Ave Maria, Gratia plena, Dominus tecum, Benedicta tu.*

## Liturgy of the Eucharist

### OFFERTORY:

#### Children of the Lord

Children of the Lord, eh; Children of the Great Father

Bring the gifts you have for him, Alleluia Amen

Chorus: Sing Alleluia, eh. Sing Alle-eh eh luia

Alleluia Amen (2x)

Brothers we are here to worship God

Sing and glorify him with all your hearts

Bring all that you have to offer him, Alleluia Amen

Sisters we are here to worship God

Sing and glorify Him with all your hearts

Bring all that you have to offer him, Alleluia Amen

What can we offer you?

What can we offer you, what can we offer you

What can we offer you oh my Lord?

For all the miracles you have done for us,

What can we offer you oh my Lord?

How can we thank you how can we thank you

How can we thank you oh my Lord?

For all the miracles you have done for us

How can we thank you oh my Lord?

How can we praise you how can we praise you

How can we praise you Oh my Lord?

For all the miracles you have done for us

How can we praise you Oh my Lord?

#### Werem O (Rosary House)

Werem o werem kediye digima (2x)

Werem o werem kediye digima

Werem kerem o biko werem diye digima.

Lekwam o werem kediye digima  
O werem o werem kediye digima

**Lege moh a son Job (Bernadette House)**

**Chorus:** Lege eh eh weh Lege eh eh weh  
Lege moh a son Job lege  
Lege eh eh weh Lege eh eh weh  
Lege moh a son Job lege

Mae kebbe meh ni mi som weh  
Ni loni iti weh moh lo ni wasse  
Ni so weh le oh a son lege moh a soho

Mbir tamtam mbu eh, mar be coco co-o nima cube  
Ni loni iti weh moh loni wasse  
Ni so weh le le o soh lege moh a soho

Mbir be ge nu som nu som ni oh ma'ah ba cabe meh  
Ni loni iti weh moh loni wasse  
Ni so weh le oh a son, lege moh a soho

**Wasse Nyese Edu (Fatima House)**

Wasse nyese edu ba mene o bo soma Loba eh na manyaka (2ce)  
*Wasse*  
Wase nyese edu ba mene o bo soma Loba eh na manyaka  
Christo sende mo weke damo eh o bo soma Loba eh na manyaka (2ce)  
*Wasse*

**Ver Ver Nyu (Immaculata House)**

-Ver beri Nyuy, ver beri Nyuy,  
-Ver beri Nyuy, ver beri Nyuy, ver beri Nyuy fo vifaven wu fo ve  
Yen mo wan ve nganrin won nsi, nganrin won nsi  
Fo wei fe we fo fa mo wo.

***Preparation of the Gifts***

**I Give my Hands to do Your Work**

I give my hands to do your work  
And Jesus Lord I give them willingly  
I give my feet to go your way  
And every step I shall take cheerfully

***Refrain:*** O the joy of the Lord is my strength, my strength  
O the joy of the Lord is my help my help  
For the power of His Spirit is in my heart  
And the joy of the Lord is my strength

I give my eyes, to see the world  
And everyone in just the way you do  
I give my tongue to speak your words  
To spread your name and freedom giving, truth

I give my mind in every way  
So each though I have will come from you  
I give my spirit to your O Lord  
And every day my prayer will sing anew

**SANCTUS (Lamnso)**

Holy, Ho—ly, Holy, Lord God of host  
Heaven, heaven, And earth, Heaven and earth  
Are full of your glory, are full of your glory  
Hosanna, Ho –sanna in the Highest  
Blessed, blessed is He, blessed is He  
Who comes in the name, in the name of the Lord  
Hosanna, Ho –sanna in the Highest (2ce)

**Consecration:**

*(Raising of the Host)*

Thus may we own all one bread one body be through this Blessed Sacrament of unity

*(Raising of the Blood)*

At the First Eucharist before you died, O Lord you prayed that all be one in you

At this our Eucharist again preside, And in our hearts your law of love renew

Ref: Thus may we own one bread one body be through this Blessed Sacrament of unity

**Memorial Acclamation**

Souviens-toi de Jésus Christ ressuscité d'entre les morts. Il est notre salut, notre joie éternelle!

Keep in mind that Jesus Christ has died for us and is risen from the dead. He is our serving Lord He is joy for all ages!

**PATER NOSTER**

**Chorus:** Our father who art in heaven, hallowed be thy name (2x)

1. Our father who art in heaven, hallowed be thy name

Thy kingdom come on earth, thy will be done (chorus)

2. Give us this day our daily bread, and forgive us all our sins

As we forgive us those who have sinned against us (chorus)

3. Lead us not into temptation, but deliver us from evil

Amen so shall it be, Amen so shall it be (chorus)

## **Peace Song**

Hold your sister tell am say; I love you well well God bless your soul  
I love you well well.

## **SANTUS**

### **1. Lamb of God you take away the sins (2x)**

The sins, the sins of the world,  
Have mercy, mercy on us,  
Have...Have mercy, on us...Have mercy  
Have...Have mercy, Have...Have mercy,  
On us... Have mercy, Have mercy

### **2. (Repeat 1)**

### **3. Lamb of God you take away the sins (2x)**

The sins, the sins of the world,  
Grant us peace, grant us your peace,  
Grant...grant us peace, your peace...grant us peace  
Grant...grant us peace, grant...grant us peace  
Your peace grant us peace, grant us your peace

## **Communion Songs**

We celebrate this festive day  
With prayer and joyful song  
Our Father's house is home to us  
We know that we belong

The bread is broken wine is poured  
A feast to lift us up  
Then thank the Lord who gives himself  
As food and saving cup

The door is opened enter in  
And take your place by right  
For you have been chosen us his guest  
To share his love and light

**Lourdes Song : Vierge Sainte (Holy Virgin)**

Holy Virgin, by God's decree, You were called eternally,  
That He could give his Son to our race. Mary we praise you, hail full of grace.

**Chorus :** Ave, Ave, Ave Maria. Ave, Ave, Ave Maria

Par ta foi et par ton amour, Ô Servante du Seigneur,  
Tu participes à l'œuvre de Dieu, Pleine de grâces, nous te louons (*chorus*)

Refuge for your children so weak, Sure protection all can seek  
Problems of you help us to face. Mary, we trust you, hail full of grace (*chorus*)

Tu demeures près de nos vies. Nos misères et nos espoirs,  
Pour que la joie remplisse nos cœurs, Pleine de grâces, nous t'acclamons (*chorus*)

To our needy world of today love. And the beauty you portray, showing  
The path to Christ we must trace. Mary our mother, hail full of grace (*chorus*)

Ô Marie, modèle éblouissant ; Pour le monde d'aujourd'hui,  
Tu nous apprends ce qu'est la beauté, Pleine de grâces, nous t'admirons (*chorus*)

**O Godhead Hid, Devoutly I Adore Thee**

O Godhead hid, devoutly I adore thee,  
who truly art within the forms before me;  
to thee my heart I bow with bended knee,  
as failing quite in contemplating thee.

Sight, touch and taste in thee are each deceived,  
the ear alone most safely is believed:  
I believe all the Son of God has spoken;  
than truth's own word there is no truer token.

God only on the cross lay hid from view;  
but here lies hid at once the manhood too:  
and I, in both professing my belief,  
make the same prayer as the repentant thief.

Thy wounds, as Thomas saw, I do not see;  
yet thee confess my Lord and God to be;  
make me believe thee ever more and more,  
in thee my hope, in thee my love to store.

O thou memorial of our Lord's own dying!  
O bread that living art and vivifying!  
Make ever thou my soul on thee to live:  
ever a taste of heavenly sweetness give.

O loving Pelican! O Jesus, Lord!  
Unclean I am, but cleanse me in thy blood;  
of which a single drop, for sinners spilt,  
is ransom for a world's entire guilt.

## Meditation Song

### Gentle Woman

Hail Mary, full of grace, the Lord is with you.  
Blessed art you among women, and blest is the fruit of your womb, Jesus.  
Holy Mary, Mother of God, Pray for us sinners now, and at the hour of our death;  
A-men;

**Refrain:** Gentle woman, quiet light, Morning Star,  
So strong and bright; Gentle Mother, Peaceful Dove,  
Teach us wisdom, teach us love

You were chosen by the Father; You were chosen for the son,  
You were chosen from all women; And for woman, shining one.  
Blessed are you among women, Blest in turn all women, too,  
Blessed they with peaceful spirits, Blessed they with gentle hearts.

### *An Anniversary Blessing Prayer by Father Maurice*

### School Anthem

Come children of the Rosary.  
A sacred name you are bearing  
You must speed on its way as best you may.  
Its message made for sharing  
'Tis the Master's story you are telling.  
May you speak it near and far  
Ever faithful to Mary's name.  
With Christ you will see her reign  
Then sing Lourdes Students sing through life  
A song of thanksgiving, a song of thanksgiving

### *Bernadette Song*

We come behind you Bernadette; you lead the way across the hills.  
This world of ours cannot forget your rendezvous beyond the mills.  
We come with all our ills and woes to meet you where the river flows.  
Chorus: Tap your sabots Bernadette once before the Lady smiles  
Where the river flows  
Tap your sabots Bernadette,  
Heaven listens to a child where the river flows

### *Fatima Song*

O come to the Throne of Grace, O come to the heart most pure  
To Mary our hope of life, in whom salvation is sure.  
Chorus: O Lady of Fatima, hail, Immaculate Mother of grace;  
O pray for us, help us today Thou hope of the human race.

### *Rosary Song*

O Queen of the Holy Rosary, O bless us as we pray,  
And offer thee our roses In garlands day by day,  
While from our Father's garden, With loving hearts and bold,  
We gather to thine honor Buds white and red and gold.

### *Immaculata Song*

Immaculate Heart of Mary, I consecrate to thee  
All that I have my life my all; all that belongs to thee  
Within thine heart enclose my own; to make it chaste and pure  
Shielded by thee from stain of sin, and may it rest secure  
I am all thine my Queen, my Mother  
All that I have is thine

## Recessional

Protect us, while telling,  
Thy praises we sing,  
In faithful hearts dwelling,  
Christ Jesus, our King,  
Ave, Ave, Ave Maria,  
Ave, Ave, Ave Maria.

Thou cam'st to redeem us,  
A pure Maiden's child,  
Pure bodies beseem us,  
And hearts undefiled,  
Ave, Ave, Ave Maria,  
Ave, Ave, Ave Maria.

And thou, ever glorious  
'Midst children of Eve,  
God's Mother victorious,  
Our praises receive,  
Ave, Ave, Ave Maria,  
Ave, Ave, Ave Maria.

Though thee, who all graces,  
Canst win from thy Son,  
For these our poor praises  
Acceptance be won,  
Ave, Ave, Ave Maria,  
Ave, Ave, Ave Maria.

And while we revere Her,  
Chaste Mother and Maid,  
Emmanuel, hear Her,  
And lend us thine aid,  
Ave, Ave, Ave Maria,  
Ave, Ave, Ave Maria.

TIME	TOPICS	
1:00pm (15 minutes)	1	Opening Prayer
	2	Welcome & Opening (Dr. Bridget Kasper, Host Chapter President & Ms. Christine Nkwain, LESA USA President)
	3	Overview of Agenda and Ground Rules (Ms. Njuen Chendi, National Secretary General and Mrs. Immaculate Nkamsi Mba, Sergeant-at-Arms)
1:15pm (10 minutes)	A.	Adoption of the 2018 AGM Minutes and matters arising from the minutes (Ms. Njuen Chendi and Mrs. Gaelle Nyasa, National Secretaries)
1:25pm (10 minutes)	B.	LESA USA President's Address (Ms. Christine Nkwain, National President)
1:35pm (10 minutes)	C.	Financial Report (LESA USA Treasurer: Mrs. Sylvie Wamey)
1:45pm (10 minutes)	D.	Official Swearing in of LESA Youth Executive
1:55pm (20 minutes)	E.	Branch President Report Highlights 1. Kansas 2. California 3. Washington D.C. 4. Georgia 5. Minnesota 6. Texas 7. LESA Youth
2:15pm (40 minutes)	F.	House Matters - LESA USA Business 1. Benefits Discussion - Benefits Committee (Mrs. Rosemary Tufon/Mrs. Gwendoline Ayuninjam) 2. Branch Obligations - Fundraising/Philanthropic 3. National Obligations - Fundraising/Philanthropic 4. Other - Open Discussion
2:55pm (5 minutes)	G.	<b>BREAK</b>
3:00pm (45 minutes)	I.	Committee Updates 1. Scholarship (Mrs. Jane Okebugwu/Ms. Vivienne Awasum) 2. Fund-Raising (Ma Maboh Moffor/ Ms. Pammella Ngefor) 3. Projects (Mrs. Beatrice Mouapi/ Dr. Bridget Kasper) 4. Constitution & By-Laws Review (Dr. Mathilda Fienkeng)
3:45pm (15 minutes)	J.	Convention for 2020 & 2021 Vote
4:00pm (25 minutes)	4	Mental Health Empowerment - A Balanced Mind
4:25pm (5 minutes)	5	Closing Prayer
4:30pm	6	Adjournment



Dear Christine,

Good evening and Happy Easter to you all. I send special greetings to all the LESANS the USA. I wish to congratulate you all on your 20th Anniversary and of Sisterhood. I wish to thank you for all you have ever done in your Alma Mater and particularly now for the interest you have shown in the existing projects in the school. We are very grateful and proud to associate with you. We pray for you all the time during our daily prayers.

May this 20th year be a source of blessings for each one of you and may it bring you many good things as sisters. Always remember that you were sisters before becoming Ex students. The whole world looks up to you and may your life be a loving testimony to those who are suffering.

Happy Anniversary and may the soul of our little Angel rest in peace and may God console her family.

Bye for now,  
Sr. Mary

# LESA USA

*celebrates*

# 20 YEARS

OF

*Excellence & Prowess*

**JUNE 20 - 23, 2019**

*Theme: Empowerment of Girl Child - Think Equal, build smart and innovate for change*

*Hilton BWI*

1739 W. NURSERY RD | LINTHICUM HEIGHTS, MD 21090



**CHAIRMAN**

WILSON DACOSTA  
CEO GE ANGOLA



**KEY NOTE SPEAKER**

H.E. DR. ARIKANA  
CHIHOMBORI QUAO  
AFRICAN UNION  
AMBASSADOR TO THE USA

**SATURDAY JUNE 22<sup>ND</sup>**

*Award Dinner Gala  
Night of Radiance*

7PM PROMPT RED CARPET

8PM PROMPT - PLATED DINNER SERVED



**CHAIRLADY**

SALLY NJUME  
CEO/OWNER OF BLESSING  
BRIELE AND LABELLE  
HOMEHEALTH CARE



**GUEST SPEAKER**

ABAM MAMBO-DOH, ESQ  
ETHICS & COMPLIANCE  
DIRECTOR,  
GLAXOSMITHKLINE

		
<b>EMERALD VIP</b>	<b>DIAMOND VIP</b>	<b>PLATINUM VIP</b>
<b>\$120</b>	<b>\$150</b>	<b>\$200</b>

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