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## **African Proverb of the Week**

"Patience is the talisman of life."

(Chewa, Malawi)



Herbs & Plants. Vernonia amygdalina. The bitter leaf



The Pokot kee traditional religious me sensibility.



Mission Diary. God keeps watch over me

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Witnesses of the Jubilee: Fr. Ezekiel, Martyr of Hope for the Amazon Forest



NIGERIA. Zobo, The Nigerian summer drink



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