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### African Proverb of the Week

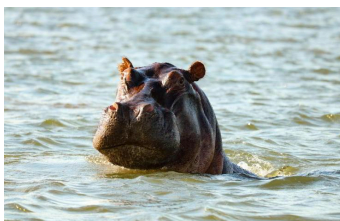
*"A good action reaps another."*

(Ndau, Mozambique)



**Kenya. Pokot –  
Dancing in a circle.**

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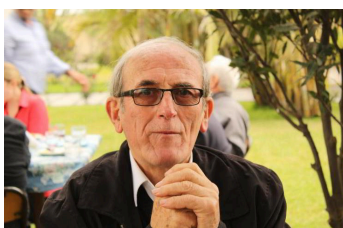
**The Hippo. King of  
the Rivers.**

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**Vocation Story. "Giving  
my life to the mission"**

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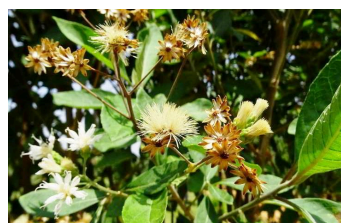
**Mission today: a daily  
challenge**

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**Mali. Rice in Fakoye  
sauce**

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**Herbs & Plants.  
Vernonia amygdalina.  
The bitter leaf**

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