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## **Journeys to Bamenda**

Travelling for at least 5 hours from Yaoundé to Bamenda, capital of the Northwest Province, can be quite challenging.

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But it is worth the time. These monthly trips are now bearing fruits. The activities for women started in December 2010 with friends and relatives of those who go to the centers of the Prelature of Opus Dei in Yaoundé.

Since then, the number of ladies and young women coming for the activities has been increasing steadily. Some of the ladies even offered their houses as venues for the Catholic doctrine classes held in Up Station, Ghana Street and Bambui.

These gatherings also provide a good occasion to make known the life, teachings and writings of Saint Josemaria Escriva as well as the spirit of Opus Dei. On the 16th of February 2013, for the first time ever in Bamenda, a recollection was held at the Perpetual Adoration

Chapel of the Cathedral. A priest of the prelature celebrated Mass and heard confessions. The meditation and talk of the recollection gave practical insights on how to live the Christian virtues in daily life.

For those who are interested, the **next recollection** will take place on

Saturday, the 18th of May 2013 at the same venue. For **women**, it will be held from **12:00 pm to 3:00 pm** and another recollection for **men** from **4:00 pm to 6:00 pm**.

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