



VOICEAFRIQUE

CATHOLIC NEWS ANALYSIS

FOLLOWING THE FOOTPRINTS OF GOD IN AFRICA

***VoiceAfrique* Weekly Update**

Catholic News Analysis from Africa by Africans, for Africa and the World
October 12, 2026

Begin your week with Sr. Helen Kasaka, the Pan-African Catholic Review, and PACTPAN weekly updates

As an African proverb reminds us, "A quiet sea does not make a skilled sailor." Faith, resilience and inner strength prepare us to face the storms of our Church and world.

Dear friends in Christ,

Greetings from Lusaka, Zambia! This week we pray for the Holy Father, welcome new appointments in the Church, and reflect on how the Church accompanies families.

Following his announcement after the Angelus in St. Peter's Square, Pope Leo XIV is scheduled to undergo surgery to remove a small, early-stage nodule in his lung. We join the universal Church, including the bishops of Africa, in prayer. We ask Our Lady, Health of the Sick, to guide his medical team and to grant him a swift and full recovery.

In Rome, a conference convoked by Pope Leo XIV (7–14 October) marks the tenth anniversary of Amoris Laetitia. Under the theme "Proclaiming the Gospel with Families Today," it reflects on a decade of pastoral accompaniment and on supporting families facing the challenges of our time. PACTPAN's coordinating servant, Fr. Stan Chu Ilo, is taking part.

Around PACTPAN this week

We warmly congratulate Dr. Onyinyechi Wariboko, a valued member of our "Mary at the Foot of the Cross" unit, on her promotion to full Professor of Sociology of Religion. We thank God for her continued contribution to scholarship, education and the Church in Africa.

On a special World Mental Health Day episode of VoiceAfrique Catholic, I spoke with Sr. Grace Akunna John-Emezi, HHCCJ, about the often-overlooked well-being of women religious.

She spoke of burnout, loneliness and the pressures of community life and ministry. She stressed that sisters need safe spaces to speak, compassionate leadership, adequate rest and professional psychological support alongside prayer. Her message is clear: "It is okay not to be okay." Watch the full conversation: <https://youtu.be/pXbiXOejdq8?si=EJGBbr8hOIUDXqgZ>

In our online news analysis, Fr. Gilbert Alaribe begins a two-part reflection, "Thoughts, Deeds, and the Weariness of Despair." Part I explores turning good intentions into action. The seed of good intention, he reminds us, must be planted in the soil of action if it is to bear fruit. Read Part I here: <https://voiceafrique.org/the-seed/>

In the wider Church

Pope Leo XIV has approved the election of Cardinal Luis Antonio Tagle as Dean of the College of Cardinals, succeeding 92-year-old Cardinal Giovanni Battista Re. Cardinal Tagle is the first Asian to hold the office.

Irish religious sister Mary Teresa Barron, OLA, has been appointed President of the Pontifical Mission Societies and Adjunct Secretary of the Dicastery for Evangelization. She is the first woman religious to lead this global missionary network.

Upcoming this week

UISG online Rosary for peace, Thursday 15 October, 14:30 Rome time (14:30 CAT / 15:30 EAT). In response to Pope Leo XIV's appeal for peace, the International Union of Superiors General invites women religious and the faithful worldwide to pray live at youtube.com/@UISGRome.

Rev. Prof. John S. Mbiti Annual Memorial Lecture, Friday 16 October, 14:00–17:00 EAT (13:00–16:00 CAT). Tangaza University School of Theology, Nairobi, hosts the inaugural lecture on-site and online. The theme is "The Enduring Legacy of Prof. John S. Mbiti's Discourse on African Spirituality and the Nexus between African Religion and Christianity." The keynote speaker is Prof. Philomena Njeri Mwaura of Kenyatta University.

Free registration: <https://tangaza.ac.ke/the-rev-prof-john-s-mbiti-memorial-lecture/>

Month of the Holy Rosary. Parishes and religious communities continue daily Rosary devotions throughout October. We pray for Pope Leo XIV's recovery and for peace, justice and reconciliation across our continent.

As we begin this new week, let us keep the Holy Father in our prayers. May we carry a spirit of compassionate accompaniment into our families, communities and ministries, so that everyone feels seen, heard and cared for.

Wishing you a peaceful and grace-filled week.

Sr. Helen

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Sr. Helen Kasaka, LSMI
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News Analysis

We welcome your feedback, reflections, and contributions. *VoiceAfrique* is expanding and seeking committed contributors who desire to strengthen African Catholic journalism with integrity, depth, and hope.

Contact: admin@pactpan.org

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Pan-African Catholic Theology and Pastoral Network (PACTPAN)

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