

**MISSION APPEAL FOR THE SENIOR MEMBERS OF THE SISTERS OF THE
IMMACULATE HEART OF MARY REPARATRIX (IHMR) IN UGANDA
ON 5-6 JULY 2025**

Brief Background of the IHMR SISTERS.

The Sisters of the Immaculate Heart of Mary Reparatrix(IHMR) were founded in Uganda in the Archdiocese of Kampala in 1927 by Archbishop Henry Streicher, Archbishop Joseph Louis Cabana, and Sr. Maria Majella Nambi. Our Charism is **Reparation**, and we are both contemplative and active. Wherever we are and in whatever we do as we respond to the needs of the time, we take the posture of restitution at the foot of the cross with Mary Reparatrix to intercede for the victims of discrimination particularly women and children in order to restore their human dignity and thus restore God's Glory in the world (c.art.25).To attain contemplative union with God, spiritual growth and fruitfulness in mission we are obliged to deepen fidelity to daily celebration of divine worship and liturgy which introduces us to the spousal love of God. Therefore, in addition to active participation in the daily celebration of the Eucharist, liturgy of hours, rosary and several other spiritual exercises, we are called to engage in individual and communal daily adoration of the Blessed Sacrament (c.art.25) at least an hour every day.

Brief Autobiography of the Mission Appeal Representative:

I am Sr. Maria Proscovia Nakuya. Friends and family call me Sr. Proscovia or Prossy. I was born and raised in one of the rural areas in Central Uganda, in Eastern Africa. I made my first vows in January 2005. So, I have been a member of the IHMR community for twenty (20) years and six(6) months. After my perpetual vows in 2013, my superiors sent me to the University of St. Thomas here in Minnesota, on a scholarship, to study in the graduate school of professional psychology for which I am forever grateful!

Upon successful completion of the study in 2016, I was sent to the Archdiocese of Chicago to be part of the pioneer team beginning our new mission in Westchester, Illinois. There I served for six gracious years. First, as a school counsellor/differentiated learning instructor, and as an Extended Day Program Aid at Divine Providence Catholic school. In the second half, I worked with the Catholic Charities of Chicago as a Pastoral Care Coordinator in a Skilled Nursing and Rehabilitation Facility. During this time, I had the opportunity to train as a Certified Nursing Assistant. Little did I know that it would soon become a full-time job during COVID-19.

Upon completing a three-year contract with Catholic Charities in 2022, my Superiors called back to Uganda. After a short break, I was sent to the Archbishop's Residence Convent to serve as the Administrative Secretary for the Chancery of Kampala Archdiocese, a position I have held close to three years now.

Nevertheless, before my current assignment (during the transitional break), I had a chance to take care of some of our elderly sisters in Uganda. Sometimes during hospital admissions, and other times during voluntary visits to this home known as **Queen of Peace (QOP)** rest house. Based on my experience working in a Nursing Facility in Illinois, I observed that while elderly/patient care needs are somewhat universal, a lot of essential supplies are lacking in our Elder Care Facility. This does not only hinder effective care of the sick and elderly, but it also

jeopardizes the general safety of those taking care of them. ***What could anything be done to change the status quo? I wondered!***

Following a prayerful and productive discussion with our superiors, one of the resolutions was seeking support from the people of Good-Will. Through Rev. Fr. Denis Dease (President Emeritus, University of St. Thomas), our humble request was presented to the Most Reverend Bernard Anthony Hebda, Archbishop of St. Paul-Minneapolis (to whom we are very indebted) who referred us to Deacon Mickey Friesen in the Archdiocesan Mission office, who then linked us to St. Joseph Church, Waconia, under the leadership of Fr. Stan Mader.

On behalf of my IHMR community, please allow me to extend our sincere gratitude the Archdiocese, to Fr. Stan and all of you the Parishioners of St. Joseph Church. Thank you for accepting to have me, and I am grateful for your arrangements to provide me with transportation from and to St. Paul's seminary, and indeed for your generosity towards the noble cause of obtaining the Health Care needs of our senior members. *"They worked so hard to restore and enhance human dignity, they too deserve a dignified care in their evening days."*

The needs of our Elderly Care Facility are enormous, but this time we are focusing on obtaining the following care equipment: Lift equipment (Sara Steady, Sit-to Stand and Hoya lift), at least two Electric beds for emergencies, at least four electric wheelchairs for the active seniors, laundry equipment, recliners, walkers, re-usable bed-pads, bedside commodes, light warm blankets, seven-days pill containers, rehabilitative knee braces, as well as disposable incontinent pads and gloves. Any little help towards obtaining this needs-list will *"change a life"* and will be greatly appreciated.

Kindly know that all your monetary donations will come to us through your parish. Thank you in advance for your generosity and may God bless you and your loved ones most abundantly.

Finally, please remember to pray for the mission of the IHMR sisters as we also pledge to pray for you and your loved ones.

For more Information about this Mission appeal, please feel free to contact me on: deoteresa81@gmail.com tel. +1(464) 244-6281/+256708694241(WhatsApp or you may reach out to the Superior General/governing council on: Speranza.namusisi22@gmail.com or ihmrgengogonya@gmail.com. Other important contacts are: Deacon Friesen, friesenm@archspm.org (Director, Center for Mission) and Father Dennis Dease, djdease@stthomas.edu (Our US Contact in the Archdiocese of St. Paul and Minneapolis).