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African Proverb of the Week

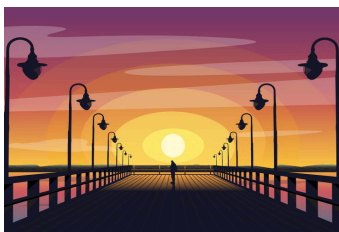
"It is better to be poor in youth than in old age."
(Venda, Zimbabwe)

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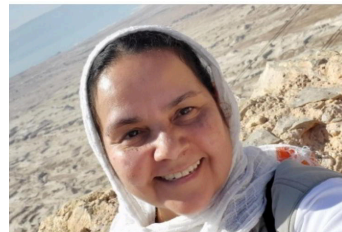
Herbs & Plants.
Bridelia Scleroneura.
A tree of many gifts

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On the Road. The
Silence of Life

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Mission Diary. Sr.
Cecilia Sierra: "The
veil literally saved my
life"

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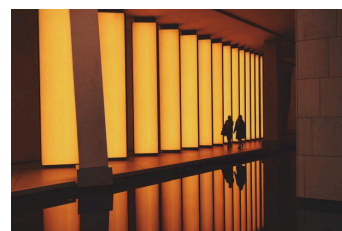
African arms imports
fell by almost 50% in
the last decade; West
African imports rose
sharply.

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SIPRI Report 2026:
The global arms
market is growing.

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On the Road. To Have
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