A DIRECTORY OF WEST AFRICAN MONASTERIES FOLLOWING THE RULE OF SAINT BENEDICT
The list follows a geographical order from West to East. A full list of the monasteries of Africa, with links, can be found on the website of ALLIANCE INTER-MONASTÈRES – A.I.M. www.aimintl.org. The Directory was prepared in 2006 for the Kristo Buase edition of the “Life and Rule of St Benedict”. Some contact details, particularly phone numbers, may now be out of date.

D.A.F. 15th June 2014.

There are three main kinds of monastery: an ABBEY is a fully developed community and is fully independent: it is ruled by an abbot, elected by the community. A CONVENTUAL PRIORY is usually smaller and less developed: it is ruled by a Prior, elected by the community. A DEPENDENT MONASTERY is still in the first stages of development and is considered to be part of the founding community.

SENEGAL


  Abbaye du Coeur Immaculé de Keur Moussa,
  B.P. 721 DAKAR,
  Senegal.

  Tel: + 221 836 33 09
  Fax: + 221 836 16 17
  E-mail: cel.kmoussa@sentoo.sn
  Web site: www.keurmoussa.com

- **Monastère de Keur-Guilaye** – Benedictine Nuns, Solesmes Congregation. Founded in 1970 by the Abbey of Ste Cécile de Solesmes, France (Diocese of Thiès). Priory.

  Monastère de Keur-Guilaye,
  B.P. 4528,
  DAKAR,
  Senegal.

  Tel: + 221 836 33 16

GUINEA

- Benedictine Monks, a foundation from Keur Moussa, Senegal.

- **Friguiagbé** – Benedictine Nuns

  Monastère Ste Croix de Friguiabé,
  B.P. 2016
  CONAKRY
  Guinea.
CÔTE D’IVOIRE


  Monastère Bénédictin Sainte-Marie,
  01 B.P. 511,
  BOUAKÉ 01
  Côte d’Ivoire.

  Tel: + 255 31 63 40 20
  Fax: + 255 31 65 31 40
  E-mail: moinebke@africaonline.com.ci

- **Monastère de la Bonne Nouvelle** – Benedictine Nuns, Federation of the Immaculate Heart of Mary. Founded in 1963 by the Abbey of Pradines in France. Semi-independent Priory.

  Monastère de la Bonne Nouvelle,
  01 BP 136
  BOUAKÉ 01,
  Côte d’Ivoire.

  Tel: + 225 31 63 33 56
  Fax: + 225 31 63 33 56

BURKINA FASO


  Abbaye Saint Benôit de Koubri,
  01 B.P. 123,
  OUAGADOUGOU 01,
  Burkina Faso.

  Tel: + 226 50 40 55 11
  E-mail: abbayekoubri@fasonet.bf


  Monastère des Bénédictines,
  Notre-Dame de Koubri,
  01 BP 632,
  OUAGADOUGOU 01,
Burkina Faso.

Tel: + 226 50 40 55 12
Fax: + 226 50 40 55 12
E-mail: wendbal@fasonet.bf

GHANA


  Kristo Buase Monastery,  
  Tanoboase,  
  P.O. Box TM-291,  
  TECHIMAN, B/A,  
  Ghana

  Tel: + 233 61 27704  
  E-mail: kb@africaonline.com.gh, www.kristobuasemonastery.org


  Benedictine Monastery of ‘Monteoliveto’,  
  P.O. Box ST-324,  
  KUMASI,  
  Ashanti Region,  
  Ghana


  Convent of the Holy Spirit,  
  P.O. Box AH-9375,  
  KUMASI,  
  Ashanti,  
  Ghana.

  Tel: + 233 51 38563

TOGO

- **Abbaye de l’Ascension de Dzogbégan** – Benedictine Monks, Subiaco Congregation.  
Abbaye de l’Ascension de Dzogbégan,
B.P. 15,
DANYI-APÉYÉME,
Togo.
Tel: + 228 221 55 12 (in Lomé)
Fax: + 228 221 55 12 (in Lomé)
E-mail: abdzogbe@cafe.tg / abdzogbe@laposte.tg

- **Monastère de l’Incarnation, Agbang** – Benedictine Monks of the St Ottlien Congregation. Dependent house.

  Monastère de l’Incarnation, Agbang,
  B.P. 251,
  KARA,
  Togo

  Tel: + 228 948 7755
  Fax: + 228 660 1360
  E-mail: monastere.incarnation@laposte.tg


  Monastère de l’Assomption,
  Dzogbégan,
  B.P. 11,
  DANYI-APÉYÉME,
  Togo.


  Monastère de l’Emmanuel,
  Sadori,
  B.P. 22,
  MANGO,
  Togo.

**BENIN**

- **Mont Tabor, Hékanmény** – Benedictine Monks, Subiaco Congregation. Originated in a community founded by Belloc, France, and subsequently closed. The monks were assisted to re-form in Benin by the abbot of Koubri. Dependent house of Koubri (Burkina Faso).
Monastère Bénédictin Mont Thabor de Hékanmey,
B.P. 12,
ATTOGON,
Benin Republic.

Tel: + 229 34 12 24
E-mail: montabh@yahoo.fr

- **Notre Dame de Kokoubou (Parakou)** – Cistercian Monks. Founded in 1972 by the Abbey of Notre Dame de Bellefontaine, France. Simple Priory.

  Prieuré N.D. de Kokoubou,
  B.P. 97,
  PARAKOU,
  Benin Republic

  Tel: + 229 61 09 35
  Fax: + 229 61 09 34 (Procure mission)
  E-mail: ndkkb@netcourrier.com

- **Toffo** – Benedictine Nuns, Congregation of Ste Bathilde. Founded in 1966 from Vanves in France. Priory.

  Monastère St Joseph de Toffo,
  B.P. 14,
  OUAGBO,
  Benin Republic.

  Tel: + 229 49 30 03
  Fax: + 229 49 30 39
  E-mail: stjobndictines@yahoo.fr

- **Etoile Notre Dame, Parakou** – Cistercian Nuns (Trappists). Founded in 1960 by the monastery of Notre Dame des Gardes. Abbey.

  Monastère Etoile Notre Dame,
  02 B.P. 294,
  PARAKOU,
  Benin Republic

**NIGERIA**


  St Benedict’s Priory,
  P.O. Box 150,
EWU-ISHAN,  
Edo State,  
Nigeria

- **Our Lady of the Angels, Nsugbe** – Cistercian Monks (Trappists).  
  Founded from Bamenda Abbey, Cameroon, in 1989. Dependent house of Bamenda.

  Our Lady of the Angels Cistercian Monastery,  
  Nsugbe,  
  OXI, L.G.A. ONITSHA,  
  P.O. Box 411,  
  Anambra State,  
  Nigeria

- **Our Lady of Mount Calvary, Awhum** – Cistercian Monks (Trappists)  

  Our Lady of Mount Calvary Monastery, Awhum,  
  P.O. Box 698,  
  ENUGU,  
  Enugu State,  
  Nigeria.

- **St Scholastica’s Abbey, Umuoji** – Benedictine Nuns, Subiaco Congregation.  

  Saint Scholastica Benedictine Abbey,  
  “Peace and Joy”,  
  P.O. Box 301,  
  UMUOJI-IDEMILI, L.G.A.  
  Anambra State,  
  Nigeria.

  Tel: + 234 90 500057

- **Queen of Peace Benedictine Monastery, Ozubulu-Ekwusigo** – Benedictine Nuns, Subiaco Congregation.  
  A dependent house of Umoji.

  Queen of Peace Benedictine Monastery,  
  “Love and Joy”,  
  P.O. Box 10,  
  OZUBULU-EKWUSIGO, L.G.A.  
  Anambra State,  
  Nigeria

  Benedictine “Word Incarnate”,
  Paschal Abbey,
  Nike,
  ENUGU,
  Enugu State,
  Nigeria


  Benedictine “Word Incarnate”, St Joseph’s Monastery,
  C/o P.O. Box 113,
  NIKE,
  Enugu,
  Nigeria.

- **St Justina’s Monastery, Abakaliki** – Cistercian Nuns (Trappists). Founded from Glencairn, Ireland, in 1987.

  St Justina’s Monastery.
  P.O. Box 371,
  ABAKALIKI,
  Enugu State,
  Nigeria.

**CAMEROON**

- **Mont Febé, Yaoundé** – Benedictine Monks, Swiss Congregation. Founded from Engelberg Abbey, Switzerland, in 1964. Dependent house of Engelberg.

  Bénédictins du Mont Fébé,
  B.P. 1178,
  YAOUNDÉ,
  Cameroon.

  Tel: +237 20 09 47 / +237 30 96 95
  Fax: +237 21 54 21
  E-mail: messim@iccnet.cm

Cistercian Abbey,
P.O. Box 101,
BAMENDA,
North West Province,
Cameroon.

Fax: + 237 36 34 87 (Archdiocese)

- **Notre Dame de Koutaba** – Cistercian Monks (Trappists). Founded in 1951 by the abbey of Notre Dame d’Aiguebelle. Transferred to Koutaba in 1968. Simple Priory.

  Monastère Cistercien Notre-Dame de Koutaba,
  B.P. 05,
  KOUNDJA,
  Cameroon.

- **Monastère Saint Benôit, Babete** – Benedictine Nuns, Swiss Federation. Founded 1967 by the Abbey of Saint André, Sarnen, Switzerland. Simple Priory.

  Monastère St Benôit,
  B.P. 124,
  MBOUDA BABETE,
  Cameroon.

  Tel: + 237 48 54 02

- **Notre Dame de Granselve-Obout** – Cistercian Nuns (Trappists). Founded 1968 by the Abbey of La Coudre Laval, France. Priory.

  Monastère Notre Dame de Granselve Obout,
  B.P. 150,
  M’BALMAYO,
  Cameroon.

  Fax: + 237 23 50 58 (Procure, Yaoundé).