

THE MONTHLY GRIND

THE MONTHLY NEWSLETTER FOR THE ASSOCIATION OF SISTERHOODS
OF KENYA



UNITED WE STAND AS A SIGN OF
GOD'S PRESENCE

CATHOLIC SISTERS' HEALTH ASSOCIATION

In April 2022, the Health Association of Sisterhoods of Kenya was amongst the few programs that were privileged to be visited by the Conrad Hilton foundation who are the key donors funding this project. The key purpose of this visit by the Conrad Hilton foundation team was to showcase the work being done by the sisters through the sisters' ambassadors Vaccine program which is funded by the Vatican COVID-19 commission through the Conrad Hilton Foundation and to identify the challenges faced in implementing this program and

how they will work to ensure that the gap is filled. The Hilton Foundation team visited St. Mary's Mission Hospital Langata, which is part of the 80 health facilities implementing the sister's ambassadors vaccine program. The presentations shared highlighted the achievements that have been made by the Health Association. The team from Conrad Hilton Foundation was much impressed with the achievements of this program and they promised to extend their support to ensure that a lot more is being done and especially towards a preventive intervention

for diseases. The health association is geared to improving the healthcare system by the sisters' owned and managed healthcare facilities to holistically give value to health delivery services. Telehealth was mentioned as one important component that can connect the health facilities and improve healthcare. There was an appreciation of networking, partnership, and learning from each other through the health network for together, we can turn compassion into action.



Sr. Dr. Caren the administrator of St. Mary's Langata Hospital officially welcoming the team from Hilton foundation.



Sr. Regina Nthenya the Program Manager for the Health Association of sisterhoods of Kenya making her presentation.

AOSK-SISTERS LED YOUTH EMPOWERMENT INITIATIVE

During the month of April 2022 AOSK-SLYI conducted its first psychosocial forums amongst its 36 institutions. The forums which had a good turn up of youth were geared towards educating the youth on a number of topics including, drug and substance abuse, early pregnancies and marriages, human trafficking, sexuality, child parent relationships, life skills, social media, stress management, human rights and responsibilities amongst many others. These activities will be followed up by the training of the youth who will then go out to the grassroots and offer peer to peer awareness creation among their fellow youth.

Procurement of Equipment

Thirty five technical training institutions were supported by the AOSK-SLYI program to procure some of the essential equipment that would help them improve their learning. This is after it was identified by the program that most of the Sisters led institutions undergoes a lot of struggles due to lack of enough equipment for learning especially when it comes to practical sessions. Besides learning, some of the procured equipment are being used by the institutions in their production Units and this will help the institutes to sustain themselves by generating some income from the sales they make. Also the production units will act as a source of employment to most youth who have been trained in these institutes.

Visit from the Conrad Hilton Foundation

On 28th April 2022, AOSK SLYI was paid a visit by the Conrad Hilton Foundation who are the main donors funding this project. The Hilton team comprised of four members amongst them, Dr. Mark Holley, Sr. Jane Wakahiu, Angelique Mutombo and Sonia Moldovan. During their stay in the Kenya, the Hilton team visited a number of institutions that have been supported by the SLYI program. These institutions included St. Charles Lwanga and Daughters of Mary help of Christians training center in Dagoretti. The Hilton foundation team was in a position to listen to some of the success stories from the beneficiaries who benefited from the pilot phase, The team also witnessed some of the projects that were implemented in the pilot phase.



The Conrad Hilton foundation Team during their visit at Daughters of help of training centre in Dagoretti.

AOSK SCORE ECD

In the Month of April, SCORE ECD project was involved in carrying out two major activities that are very critical as the project's 3rd phase kicks off. The two activities included the baseline survey and the International consortium on nurturing values and spirituality in early childhood for the prevention of violence. The baseline survey was purposively meant to establish the baseline values in order to set the project targets, it also focused on reviewing the implementation strat-

egy and approach and lastly assess knowledge, attitudes and practises of the beneficiaries. The survey was done in Kisumu and Siaya counties. The second activity focused on testing the toolkit for Spiritual Development of Children in the Early Years for the Prevention of Violence and Children's Holistic Well-Being. This initiative was spearheaded by Arigatou International which brings together civil society and faith-based organizations, religious communities, multilateral organi-

zations, academia and individual experts to foster collaboration, share good practises and develop evidence-based and innovative approaches to integrate values-based education and spirituality in early childhood for the prevention of violence and the holistic development of children. The pilot aimed at collecting feedback and recommendations that will inform the integration of Spiritual Development in early childhood development.



Sr. Joyce Nyagucha AOSK SCORE ECD Project manager facilitating caregivers and in Figure 2: Children engaging in a drawing activity during the testing of the spirituality tool kit Kisumu County

ST. ANSELM SABBATICAL PROGRAM

For the sabbatical program, the month of April begun well with activities running as scheduled. This was the last month of lectures and as we approached the end, many ex-

pressed their joy of what they have gained during this semester. The final lecture was on tool kit where participants are prepared on take home information as they end their four months of personal

growth and renewal. All expressed that their expectations have been met feeling ready to face the mission a head. One of the special activities that brought the month to its climax was the recreation

day for the whole group that was held on 14th April 2022. This is a day full of fun as every small community prepare various items to entertain one another. As the program is focused towards reawakening the hero within, many feel relaxed and rejuvenated as they discover their potentials. This is done every semester to relax and share the talents with another.



AOSK-Chemchemi ya Uzima Sabbatical Students during the recreation day on 14/04/2022.

PAX CHRISTI

During the Month of April 2022, Pax Christi held a number of forums with the objective to train the participants on non-violence so as to promote peace and justice in the society especially during this electioneering period. Sixteen trainers carried out their training in various places including Guadalupe which was led by Sr, Mercy Mwayi, Kayole diwopa parish and St. Jude Kabiria amongst many other places. The participants were motivated to be Ambassadors of peace in their various communities. This was evident through the sharing of their experiences of violence. They all promised to advocate for peace especially during this time Kenya is preparing for the general elections.



Participants Keenly following up the session during one of the Pax Christi's forum in April 2022.

ICAPAMI Commisioning of the Catechists

Catechists are commissioned by their vocation to teach and explain the faith. On the pastoral activity of the Church, the cooperation of many members is needed, so that Christians may advance to full spiritual maturity in faith. This cooperation is provided by those who devote themselves to catechesis. Enlightened by God's Word and the teaching of the Church, catechists impart to others an initiation or a deeper formation in those realities that they themselves have learned as truths to be followed in living and to be celebrated in liturgy. On 08th April, 2022 ICAPAMI was privileged to commission 16 trained catechists to go to the whole world to proclaim the Good news. These 16 pastoral agents, some have studied upto Degree, others Diploma and others Certificate. They are all well equipped with theological knowledge and the methodology of teaching it to others.

AOSK FORMATION

Acknowledgement from a graduating formation student.

I hereby acknowledge with a warm and grateful hearts as we celebrate the graduation of formators of 2021-2022 in Chemchemi institute, we would like to sincerely thank the almighty God for having enabled us to come this far. Generally it was not easy, we came here confused, depressed and resistant to the mission, but we remained strong, focused and rooted to its goal. Chemchemi is an international institution that forms Religious and has remained steadfast in its resolve to produce good formators who are agents of transformation. We thank the Director Sr. Luciana for her motherly love and concern in all aspect to ensure everything is running smoothly. With heartfelt full of joy and gratitude to God, we wish to thank our superiors and councilors in our various congregations in Africa and abroad who allowed us to train in this noble ministry. It has been a great joy to be here for we are ready for the mission. We thank our HOD Sr. Lucia Mutuku DSH and Sr. Oge Umeozor her assistant for providing quality teaching and learning materials, and engage qualified facilitators who were well versed with their job. First it was not easy learning online, for some of us it took time to connect, mute, and unmute which really confused us, but we liked your patience and understanding. For this, we are quality professionals' formators, with well-developed character and good morals for our formees. My special thanks also goes to the current members of the staff of Chemchemi for the cooperation they have accorded the management of this institution as we seek to be a Centre of excellence in academic and formation mandate. Thank you for your hard work and loyalty that has enabled us to stand tall as a reputable institution of transformation. May you keep the fire burning. We highly thank AOSK members and all our benefactors especially Conrad Hilton Foundation through AOSK secretariat and Catholic scholarship for their financial and moral support they have accorded us in the process of learning. With a deep sense of appreciation we thank our loving support staff for their involvements and willingness in various areas of the institution, who did their tasks beyond their comfort zone to ensure the food is on time and the environment is kept clean. Last but not least a big thank you to all students whom we have journey together and those continuing with their studies, we are happy to say that we have witnessed Gods favour upon us. God bless you all in your various apostolate.

AOSK-CATHOLIC CARE FOR CHILDREN IN KENYA

AOSK-CCCK has continued with its mission of advocating and championing for family and community based care and alternative care (a family like environment where vulnerable children can grow up in safe loving and nurturing environment). For the mission to be accomplished, the program embarked on training sisters from different congregations with a charism of care for the vulnerable children in social work at the Catholic University of Eastern Africa. Due to Covid-19 pandemic, students were forced to have online classes. The students returned to their normal onsite classes this April 2022. The 12 sisters are pursuing degree in social work so that they can be able to administer in their various Charitable Children Institutions with a difference. The time is gone when anybody will run an institution of care of children without proper training. Apart from our charisms of care, professionalism is needed because of safeguarding of minors, and also it's a requirement from the government. Its high time our congregations with a charism of care for children to relook into our staffing when it comes to administration of this institutions we have. We thank AOSK-CCCK for sponsoring 39 sisters to study social work at catholic University of Eastern Africa.



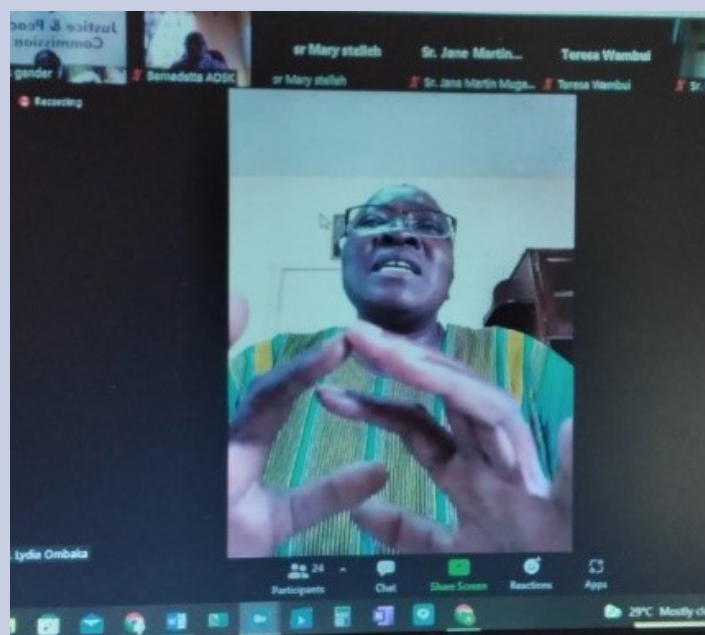
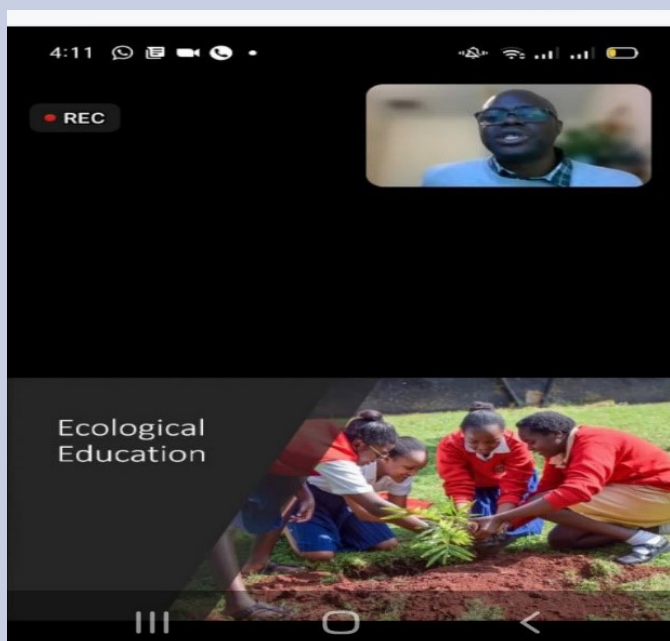
AOSK-CCCK degree social work students with their lecturer Mr. Richart at Mukuru Slums Nairobi during practicals

AOSK UNITS

In preparation for the forthcoming Diamond Jubilee, The AOSK Unit leaders met via zoom so as to discuss on how these celebration will be celebrated at the grass root levels. The online zoom meeting was conducted on 4th of April 2022 and was attended by 24 AU leaders. The sisters embraced the idea of celebrating the Diamond jubilee at the grass root levels and they all promised to plan for the celebrations in their various units so as to make the event a success.

Elsewhere, with respect to global climate change, the Mombasa AU, through the able leadership of Sr. Rainer and her fellow leaders in the unit, embraces the call of his Holiness Pope Francis in His Encyclical letter; Laudato Si "Praise Be to you my Lord" 24th, May 2015 by organizing a webinar which was animated by the Laudato Si Movement, a movement that works to inspire and mobilize the catholic community to care for our common home and achieve climate

and ecological justice through three pillars, that entails Eco-spirituality, lifestyle and advocacy. In this webinar, the key speakers were Bro. Ben Ayoti OFM Cap of the United States of America and Lucia Sorrentino both working with Laudato Si Movement, USA. The topics tackled included ecological education, adoption of sustainable lifestyle, ecological economics, response to the cry of the poor, response to the cry of the earth and Laudato Si goals.



Participants following up a Webinar on Laudato Si.

INTEGRATIVE SPIRITUAL COUNSELLING DESK (ISC)

The semester of Jan-May 2022 has come to a closure with exams on. 13 diploma Second year students are doing field practicum and long essay. This will allow them to graduate in October 2022. First year students have also completed their second semester bringing them to the end of first year course. The 23 Certificate students have successfully completed their modules and are doing the last exams this week. ISC department has facilitated the Spiritual Guidance Training for 27 trainees for 8 weeks and this has been a success. This Training is rich for all who want to continue growing in their spiritual life. Annastacia Kimonyi assistant Librarian at Chemechemi was a beneficiary of this training. Find here her shared experience of the fruits of Spiritual Guidance Training (SGT):

My call to the laity

Register! Register! Register for this course! My dear colleagues!

Spiritual Guidance is not only for members of religious orders but also for lay people from any walk of life. All Christians are called to holiness (not just the religious) (Dogmatic Constitution on the Church. Ch. 5) By studying spiritual guidance, we grow in personal spirituality by cultivating the culture of personal and communal spiritual practices and disciplines in our lives that lead us into union with God and also become His instruments of evangelization! And Who knows? We may even become mystics! As Karl Rahner said “The Christian of the future will be a mystic or will not exist at all.” Let’s work towards being Holy though Human. This will bring love, forgiveness, peace, justice in every social structure into our world and thus alleviate the Human misery we witness in every corner of the world today. It was a huge blessing for me to be in a class with all religious! What an experience! May our good God continue to be with you, bless you and supply for all your needs as you labour in His Vineyard dear servants of the Lord!

**By Annastacia K. Kimonyi- Assistant
librarian—Chemchemi ya uzima Institute**

AFRICAN SISTERS EDUCATION COLLABORATIVE (ASEC)

On 26th of April 2022, African Sisters Education Collaborative program (ASEC) was privileged to be paid a visit by its key donor the Conrad Hilton foundation. During the Visit the ASEC beneficiaries were in a position to give testimonies on how the ASEC program has helped them gain knowledge in different fields I.e Accounting, Education and Nursing. The event that was conducted at the Catholic University of Eastern Africa was attend-

ed by more than Sixty ASEC students amongst them the alumnae of this program and the current students benefiting from this ASEC program. The event was graced by the Archbishop of the Nairobi diocese Philip Anyolo. During the same day, The data Center for the African Sisters was officially launched and the Centre has now got its offices at the Catholic University of Eastern Africa.



Participants following a presentation during the Visit from the Conrad Hilton foundation



Fr. Stephen Mbugua the Vice Chancellor of the Catholic University of Eastern Africa officially welcoming the guests from Conrad Hilton Foundation



A group photo with the Key Donors from the Conrad Hilton Foundation

AOSK INSURANCE AGENCY

During the Month of April 2022, AOSK Insurance agency held a number of meetings in its bid to ensure that it is acquiring more businesses especially with the Congregations that are under the umbrella of AOSK. On 25th of April the agency held a meeting with the sisters of Notre Dame, The meeting was purposively meant for enlightening the sisters on matters medical insurance, at the end of the meeting, the agency managed to sign the sisters of Notre dame as their new client. Elsewhere the Little Daughters of St. Joseph have also signed an agreement with the AOSK agency to act as their agents for all their Insurance products. On 25th of April the agency also met with the Handmaids of the Holy Child Jesus who also signed a deal to work with the AOSK agency. The AOSK agency is working at its best to ensure that it continues serving its clients with quality services. Insure with AOSK Insurance agency where quality services in matters Insurance is guaranteed.



AOSK Insurance agency Meetings with a number of Congregations during the Month of April

SPECIAL THANKS TO:

