

# ASSOCIATION OF SISTERHOODS OF KENYA

## THE MONTHLY GRIND



## AOSK 2022

UNITED WE STAND AS A SIGN OF GOD'S PRESENCE

## Strategic Plan 2018-2022 Evaluation

AOSK has travelled a long way since the adoption of the 2018-2022 strategic plan, which has guided the organization's actions over the period. The year 2022 is a transition period, coming to the end of the 2018-2022 strategic cycle and at the same time defining the next strategic plan 2023-2027. Before starting on a new cycle, it was critical for AOSK to assess its achievements over the period of strategic plan implementation. From 9th-14th May, 2022, the AOSK executive board members together with the AOSK staff travelled to Mombasa for 2018-2022 strategic plan evaluation. This exercise of collectively evaluating our strategic documents is a key action for feeding into our strategic, programmatic and organizational development planning. During the evaluation, AOSK programs and departments presented their evaluation reports highlighting their achievements, challenges and the lessons learnt over the period of implementation.



***Departments Making their presentations during the Strategic plan 2018-2022 evaluation in Mombasa in May 2022***

As part of organizational learning, The World Café methodology was adopted. The discussion centered around AOSK Strategic themes where this methodology facilitated collaborative dialogue, knowledge sharing and action planning.



***AOSK team Members during their group discussions to discuss the way forward of the organization***

Team building formed part of the activities in Mombasa. The staff participated in different team building activities such as potato race, sack race, beach football, swimming and sightseeing.



***Mr. Arman Ekisa at the famous Iconic giant Elephant tusks in Mombasa in May 2022***

# AOSK Insurance Agency

**A**OSK insurance Agency aims at offering insurance services such as travel covers, Immigration bond, motor insurance, property cover and public liability amongst many others. During the Month of May 2022, the Agency held business meetings with the Franciscan Sisters of St. Anna in Kisumu and the Daughters of Jesus the good Shepherd in Kitui. In these meetings, the agency conducted presentations about the AOSK insurance agency services. The agency also paid a courtesy call to Mother Ama-dea Mission Hospital in Mikindani, Mombasa and they requested for a WIBA/GPA quote for their staff. The agency also held a meeting with CIC Insurance at their head office to discuss partnerships and collaborations



***AOSK Insurance Staff Members during their business Meetings with Franciscan Sisters of St. Anna in Kisumu and Daughters of Jesus the good shepherd in Kitui.***

## Health Association of Sisterhoods of Kenya (HASK)

**D**uring the Month of May, The Health Association of Sisterhoods of Kenya (HASK) conducted free Medical Camps across the Country. In these activity, 35 health facilities were Sub-granted with little funds to enable them conduct the task. The objective of these medical camps was to enhance creation of awareness about the Covid-19 and also to increase the Uptake of the Covid-19 jab considering that currently Covid-19 is on the rise again. The free medical camps were carried out with integrated health services including NCDs awareness, screening, treatment, HIV/Aids and COVID19 counselling and testing activities. In few days of these campaigns, we have already seen some achievements considering that 172,538 people have been reached on awareness creation among whom 136,315 were screened for NCDs.





***Muthale Mission Hospital and St. Mary's Mission Hospital in Lang'ata carrying out their free Medical Camp***

## Religious Against Human Trafficking (RAHT)

The second phase of RAHT program saw eight congregations organize and implement their Human trafficking campaigns. These campaigns were conducted in eight dioceses namely; Mombasa, Nairobi, Ngong, Kakamega, Machakos, Archdiocese of Kisumu, Kitale and Nakuru. The outcome of these campaigns were positive as more people seemed to have a vast knowledge about matters Human trafficking. Elsewhere, on 27th and 28th of May 2022, RAHT conducted two separate activities at AOSK Tumaini centre. The first Activity was a partners meeting with people dealing with human trafficking who came together to discuss different issues amongst them the upcoming world day against human trafficking. On 28th it was a day of member congregation who are the primary organizers and implementers of human trafficking activities at the grassroot level. It was a day of sharing project process and best practices undertaken across the country.



***RAHT Partners having a group photo at Tumaini Centre grounds after a Successful discussion on 27th May 2022***

# Pax Christi

## Training youth on peaceful elections

During the month of May, Pax Christi continued with its mission on training the youth on peaceful elections. The objective of this Program is to train the Youth in active non-violence, peacebuilding, non-violent communication, and trauma healing providing them with the tools and skills necessary to become trainers themselves in their own local communities reaching out to youth and members of religious communities, empowering them to be artisans of peace and accompany victims of violence. In May 2022, one activity was conducted at St. Jude Sowe-to in Kasarani. In this activity that was conducted by Sr. Jane Rwanda, the youth were trained on active non-violence, they were also imbued with positive values so that they become agents of change in their communities. By

probing questions at the end of the forum, it was clear that the youth had acquired knowledge about peace and active nonviolence, conflicts, and violence and skills on how to deal with situations of conflict and violence.



***Sr. Seraphine Obinyo having a session with youth on peaceful elections at Kibera***

## Catholic Care for Children in Kenya (AOSK CCCK)

Child participation is one of the core principles of the Convention on the Rights of the Child (CRC), which asserts that children and young people have the right to freely express their views and that there is an obligation to listen to children's views and to facilitate their participation in all matters affecting them within their families, schools, local

communities, public services, institutions, government policies and judicial procedures. At AOSK-CCCK we consider meaningful, safe, and appropriate participation of children as a key strategic priority for ensuring sustained child well-being and creating democratic societies with informed and engaged citizens. AOSK-CCCK believes that children and young people can play a signifi-

cant role as agents of transformation with the capability to engage in decision-making processes, in accordance with their evolving capacities and gradually increasing autonomy. When children and young people learn to communicate opinions, take responsibility and make decisions, they develop a sense of belonging, justice, responsibility and solidarity. In promotion to this spirit AOSK-



CCCK in the month of April and May facilitated children activities which included games, drama, singing and festivals. This was done at zone levels. Zones that participated included Lodwar, Maralal and Bungoma. In each zone three homes participated where by at the end of the day four hundred and forty five children participated. The best performer institutions were awarded trophies.



***Children Participating in drama and Singing competition in one of the AOSK-CCCK zone***

## AOSK SCORE ECD

During the month of May, SCORE ECD Project conducted two major activities, the activities included, curriculum training for master trainers and the integrated mother baby course (IMBC) training. On the Curriculum training for Master trainers, AOSK and CRS staff conducted a three day activity. This activity was conducted at Pinecone Hotel in Kisumu County. The training oriented and equipped the master trainers with knowledge and skills needed to implement the project to the beneficiaries.



***Master trainers practicing group facilitation***

The second activity on integrated mother baby course training was organized by Catholic relief services. The activity Comprised of the SCORE ECD Staffs (SCORE ECD regional coordinator, ACWECA SCORE ECD co-ordinator, project managers from CRS and Sisters Association together with project Coordinators and master trainers). The participants were from the four countries implementing SCORE ECD project and these countries entailed Kenya, Malawi, Zambia and Ghana. It was a five day intense online workshop and at the end of the five days, participants acquired skills that will enable them to train the community health volunteers who will intern train the mothers during monthly neighbor sessions.

## AOSK Units

In responding to the aims of the Association of Sisterhoods of Kenya, in enhancing the holistic formation and capacity of women religious, the AOSK Units office continues to organize ongoing formation programs for sisters in their various units. On 29th, May 2022, the AOSK units in Nyeri and Mombasa metropolitans had a seminar of its kind on “a call to Self- Reformation for Holistic Transforma-

tion.” The seminar was facilitated by Sr. Lucia Mutuku who is the Head of the Department of formation program in Chemchemi Ya Uzima Institute, Karen. Sr. Lucia reminded the sisters that as religious, the world is looking at them and expects them to be excellent, to give moral guidance, and live a life of prophetic commitment. She added that one of the major obligations of a religious is to strive for holiness in their spiritual life and this is done by examining their lives on a daily basis. At the end of the forum, the sisters looked more informed and this was evidenced by their contributions during the discussions.

## Sabbatical Program

The first week of the month of May was loaded with a number of activities including group termination as each member shared what they have benefitted from the program and pray for one another. After four months of inner journey and self-renewal, Participants expressed self-satisfaction and a confirmation of readiness to face the mission ahead as was in their THEME: RENEWED IN CHRIST, SENT TO BEAR FRUITS. The end of this long journey at Chemchemi and beginning of a renewed life in various congregations was crowned with a colourful graduation ceremony which was preceded by Eucharistic celebration presided over by Rev Fr. Fredrick of the Camillian congregation and the guest of honor Sr. Dr. Jacinta Adhiambo of the evangelizing sisters of Mary (CUEA).



***AOSK-Chemchemi ya Uzima Students during their graduation in May 2022***

## ICAPAMI

On 6th May, 2022 AOSK Chemchemi held their graduation ceremony for all departments. Institute of Catechetics and Pastoral Ministry (ICAPAMI) was privileged to participate in this ceremony. 24 students who had pursued certificate graduated from the department. Diploma and Degree students from this department will graduate in October this year at the Catholic University of Eastern Africa (CUEA).

## Pastoral Experience

On 7th May, 2022 ICAPAMI started their long holiday which will end at the end of August this year, when lectures will resume. Meanwhile, students taking Diploma and Degree will be busy with their pastoral experience. Visits will be made by their lecturers to assess the progress. The main aim of ICAPAMI program is to train qualified agents of evangelization. As part of their training, students are required to engage in Pastoral Experience.

## AOSK JPC

On May 6, 2022 the Justice and peace department organized a one-day refresher training for 29 Peace champions drawn from across the seven Nairobi sub counties on Civic and Voter Education, Citizen's rights, Peacebuilding and Conflict Transformation. The Peace champions are expected to cascade this information to their communities' targeting women, men and youth in order to promote citizen participation, tolerance and peaceful co-existence among communities before, during and after elections



***Participants during a refresher training on Civic and Voter Education at Tumaini Centre***

On May 23, 2022 Ms. Katharina Gotte, the Misereor desk officer for Kenya and South Sudan paid a courtesy call at AOSK Justice and Peace office. JPC team shared with Ms. Katharina the various activities they have implemented through the help of Misereor. The activities are mainly on Governance and Human Rights through the AOSK peacemakers, HR teachers, and the Sisters. Further discussions were on the achievements and the challenges the project has faced especially

during the Covid pandemic. Ms. Katharina applauded the sisters for the good work they are doing to empower the vulnerable and marginalized in the society and Misereor is committed to support the work.



***Ms. Katharina Gotte with the AOSK-JPC team members during her Visit at the AOSK JPC office***

On May 5, 2022 JPC was proud to welcome a delegation from Garissa University to sign the Memorandum of Understanding for a shared research and community development project in Garissa. Vice Chancellor Prof. Warfa Osman, Dr. Ahmed Maalim Mohamed, Director of the Institute for Peace and Security Studies and Fatha Aden Guc, Deputy Director of IPSS travelled to Nairobi to meet with the JPC project team. The project, which is funded by the Civil Peace Service Germany, aims at promoting a just, peaceful and all-inclusive resilient pastoral and agro-pastoral society in the Kenyan drylands around Garissa. Using the innovative approach of Participatory Action Research, the goal is to foster capacities of communities and stakeholders on peacebuilding, conflict transformation and natural resource management through collective knowledge production and action planning.



# Formation

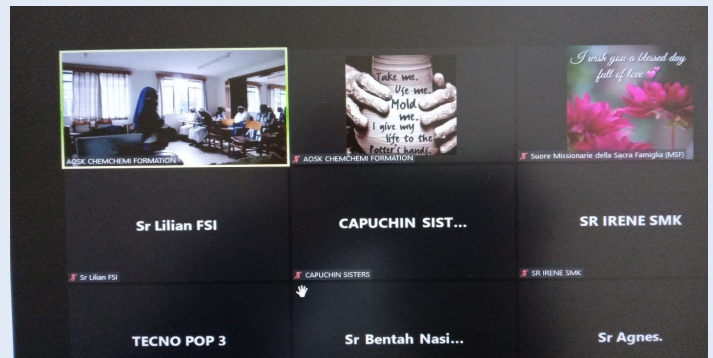
## Preparation for perpetual vows

### Formation Department prepares the brides of Christ

Preparation for perpetual vows started on 16th of May 2022 when Chem Chemi grounds were blessed with arrival of 24 young Consecrated women religious and one religious brother. This was the beginning of a journey expected to end on 30th of June 2022. With blended learning in place, the program has 70 participants among whom 25 are receiving the inputs onsite while the rest of the sisters are following it virtually. It is a period of long and intensive renewal and inner journey that prepares the participants for their perpetual commitment to God in their respective Institutes.

### Why do we have programs to prepare Our young Members for this?

To help them understand and be clear with the seriousness of the choice they are about to make and to equally live the life they have vowed with conviction and fidelity, no matter the challenges on the way. It also helps them to walk towards living a self-actualizing and self-transcended life.



***May-June 2022 preparation for perpetual vows session in progress happening both onsite and online.***

The content of the program has selected topics aimed at helping these temporary professed members of various institutes in processing their inner journey in preparation for their commitment. At the end of the program the participants are expected to be well prepared for their committed, convinced of the step they are about to make, acquires self-therapy skills as well as having an opportunity to process healing of their past experiences for integrative community living. As a department we wish them well and a successful inner journey.

## AOSK Sisters Led Youth Empowerment Initiative (AOSK-SLYI)

In May 2022, the AOSK-SLYI had a deliberation meeting with two of the proposed Mega businesses that would be hosted in Siaya and Mumias. These businesses are; St. Anthony spin knit manufactures in Siaya county and the catering business at Saint Jude technical college in Mumias. The deliberation was based on the impact that the businesses would have on the youth's livelihood, the community, and the institutions. Through these businesses more youth from these communities will be employed.



***AOSK-SLYI team, AOSK executive secretary and St Jude representatives during the institution visit to deliberate on the Mega business***

Also during the Month of May, AOSK-SLYI was able to conduct one psychosocial forum at saint Oda school for the visually impaired in Siaya county, this forum was attended by 67 youth and it aimed at creating awareness on the contemporary issues that affect the youth in the society. Amongst the topics discussed were, drug and substance abuse, Media and cultural impact on the youth and the issues of early marriage amongst the youth. The day was a success and most youth were satisfied with what they had gained.



***The youth at St Oda school for the virtually impaired attentively following the facilitators' inputs during the psychosocial forum in May 2022.***



## SPECIAL THANKS TO:

