

THE MONTHLY GRIND

The Monthly Newsletter for the Association of Sisterhoods of Kenya



OCTOBER & NOVEMBER UPDATES

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Pope Francis Prayer Intention for November 2022

In November 2022, Pope Francis prayer Intention focused on praying to all children who suffer, those who are homeless, and those who are orphaned or victims of war so that they may have access to education and also have the opportunity to experience family affection. From His words, the Holy Father had the following to say, 'To see children suffer wounds our hearts because children are Jesus' favorites. We can never accept that they are mistreated, that they are de-

nied the right to live out their childhood peacefully and joyfully, that they are denied a future of hope'



The Holy Father Pope Francis



Celebrating 60 years of Existence

AOSK@60

AOSK DIAMOND JUBILEE CELEBRATIONS

On the 19th of November 2022, the association of Sisterhoods of Kenya Celebrated its 60 years Diamond Jubilee. The ceremony that was conducted at the Catholic University of Eastern Africa was attended by more than 500 sisters from all over the country. The event was graced by the archbishop of Mombasa archdiocese his grace Martin Musonde Kivuva. During his speech, the archbishop acknowledged the great work that is being done by the catholic sisters.” The sisters have really played a great role towards the growth of the catholic church, their work is highly noticeable in every institutions they work in, be it hospitals or schools, We pray that God may continue blessing them as they are dedicated towards serving humanity” The sisters expressed joy for the achievements they have made over the past 60 years and they are determined to continue with the same energy in the coming years.

On the same day, The Association also launched its strategic plan for the year 2023-2027. The main purpose of this strategic plan is to guide the association’s activities for the coming five years. The association is optimistic that through the will of God, it will be in a position to accomplish all the set objectives in the current strategic plan.



Sisters During the AOSK Diamond jubilee celebrations on 19/11/22.

HEALTH ASSOCIATION OF SISTERHOODS IN KENYA (HASK)

During the month of October, HASK carried out free medical camps throughout the country. The team assigned St. Mary’s Mission Hospital Lang’ata to take care of the sisters’ camp. Health Association of Sisterhoods of Kenya is relentlessly seeking to establish the extent to which NCDs are really affecting many people in Kenya. As we celebrated 60 years of AOSK existence in Kenya, the department had in mind the seriousness of the matter and also being aware that the economic status is also very difficult for the majority of Kenyans. 184 sisters attended the medical camp held on 29th October 2022 at St. Mary’s Mission Hospi-

tal and all of them had tests that included, checking their blood pressure and sugar amongst other tests.



Aga Khan breast cancer awareness truck and sisters waiting for the examination

RELIGIOUS AGAINST HUMAN TRAFFICKING (RAHT)

RAHT office in collaboration with the Contemplative Missionary Sisters of St De Foucauld in October had a three-day successful campaign on human trafficking at Kakuma refugee camp where 729 People were sensitized. From the participant's feedback, it was clear that the scourge of human trafficking has roots and fully exists in the refugee camp. The need to have a better life, especially in European countries puts the majority of the youth who reside in the camp at risk of being taken advantage of by traffickers. They cited corruption in the camp which undermines the poor who form the mainstream of camp dwellers an opportunity to access fair judgment on reported cases. Elsewhere, Talitha Kum International has been training youth ambassadors across different continents and countries. Kenya was part of the selected groups and the second cohort consisted of 5 members. The youth ambassadors are tasked to counter human trafficking in the country and region at large. RAHT has 4 members who are part of the group that has been trained. Areas covered in the training include; understanding human trafficking, communication, social media advocacy, and effective advocacy for change. The role of the team is to advocate against human trafficking in Kenya.

Besides that, during the month of November, RAHT had the opportunity to host the first Talitha Kum African Conference which took place at Loreto Mary Ward Center from 20th to 26th November 2022. The conference was attended by Talitha Kum Coordinator Sr. Abby Avelino, Sr Yvonne Clemence (Africa Coordinator), RAHT Coordinator Sr. Laura and Talithakum delegates from African Hubs were present including AOSK and RSCK representatives. The theme of the conference was "Slavery Free Africa Network" aiming at creating a solid African network that would work towards sensitizing and championing the need to fight

human trafficking across the globe. The conference was officially graced by His Excellency Archbishop Bert Van Megen, Apostolic Nuncio to Kenya and South Sudan.



A group photo taken during Talitha Kum African conference in loreto mary ward center

Besides that, from the 20th to 24th of November 2022, Activists, academics, and government officials among other dignitaries from different parts of the continent convened in Kigali for the Africa regional Freedom from slavery forum where they discussed a number of issues connected to modern slavery in the region. RAHT Kenya was honored to give a talk on Survivor engagement in civil society and community mobilization. This was done in partnership with awareness against human trafficking (HAART) and free the slaves (FTS). The theme for the meeting was "Enabling local engagements and global synergies for addressing mod-

ern slavery in Africa”. Organizations were challenged on ethical survivor engagements. Survivor-led institutions were encouraged while active participation of the survivors was emphasized in any organization offering support to modern slavery victims.

From 5th and 12th of November 2022, RAHT had awareness programs in Homa Bay, Isiolo, Ngong and Meru where 118 religious sisters and priests were sensitized. Human trafficking remains a thorn in achievement of progressive human dignity. The vulnerable members within our society set up are struggling to enjoy the nobility they are entitled to as humans. Fighting human trafficking menace is a journey whose limit is still unknown to many.

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RAHT Awareness program during their visit at the Ngong Unit

AOSK INSURANCE AGENCY

During the superior’s AGM held in November 2022, the AOSK agency got an opportunity to make a presentation to its clients. The main purpose of this presentation was to increase awareness about the agency and to convince those who have not yet joined the agency to do so. The agency offers insurance services such as Travel covers, Immigration bonds, Motor insurance, Property cover, WIBA/GPA, Professional indemnity, Public liability, Employer’s liability, Fidelity guarantee, Cash on transit and advisory services to its clients. In strengthening partnerships, the agency met with Equity bank representatives from Equity Supreme branch Karen to chat about the way forward

on how they can partner in different activities. A representative from Britam –pension department paid a courtesy call to discuss the pension business.



Mr. Innocent giving a presentation during the Aosk insurance agency meeting with superiors.



Sisters making a follow up during the AOSK agency presentation at Dimesse Sisters

CATHOLIC CARE FOR CHILDREN IN KENYA

CELEBRATION FOR AOSK-CCCK GRADUATING STUDENTS

As the old adage goes “A journey of a thousand miles begins with a single step” it was pomp, joy, and color at The Catholic University Eastern Africa, as AOSK-CCCK students graduated during the 41st graduation ceremony held at Langata Main campus on 28th October 2022. During the graduation ceremony, a total number of 35 sisters graduated, among them 14 graduating with Diploma in Social Work; 10 with a Certificate in Social Work, and 11 sisters graduating with a Certificate in Sustainable Child Rights, Protection, and Post Institutionalized Care. The graduation of the sisters was a culmination of a journey of care reforms, which is being championed by the Association of Sisterhoods of Kenya. In 2020, the sisters began their Social work and Sustainable Children’s Rights and Post Institutional Care studies at the Catholic University of Eastern Africa. The aim was to train sisters to be professionals in discharging their mission and to be agents of change for the care reforms of children. This was because most of the congregations have a charism of Care, with charitable children’s institutions, hosting more than 5000 children, and most of the sisters working in these institutions not having relevant skills and knowledge for the care and protection of children. Therefore, social work training aims at equipping the sisters with hands-on skills in good practices of care. In addition, social work and sustainable children’s rights courses help social workers to learn case management, basic counseling, and re-purposing of care institutions after the successful re-integration of children among others. This helps the sisters to be holistic in their approach to care and protection. The skills and knowledge also help them to strengthen families for sustainable reintegration and placement of children. The graduation ceremony brought together all sisters from different cohorts and was an opportunity to link and network. The AOSK-CCCK staff also had an opportunity to reflect on the milestones achieved and the desired way forward for the students to cascade the knowledge and skills gained.



AOSK-CCCK sponsored students during their graduation at the Catholic University of Eastern Africa on 28/10/22.

AOSK SCORE ECD

HOCAI SUPPORT/ MONITORING VISITS TO CONGREGATIONS

During the month of October, the AOSK SCORE ECD team embarked on visiting the congregations implementing the SCORE ECD project to review the progress made so far in implementing the HOCAI action plans developed during the baseline assessment. HOCAI is a tool with ten organizational capacity areas developed by CRS to help the Association (AOSK) and congregations conduct a self-analysis of organizational strengths and challenges and to come up with an action plan to strengthen the priority areas of perceived weakness as well as to ensure that important areas of strength are given the needed attention to remain strong. Seven Congregations were visited during the month and tremendous improvement was noted in regard to filling the identified gaps.



Assumption sisters of Eldoret Biogas plant (Cutting on costs)



Franciscan sisters of St. Joseph Charism, Vision Mission banners ready for dissemination to the communities

During the month of November 2022, SCORE ECD project conducted a smart couple training. The approach aims to increase family well-being by improving the quality of the couple's relations (effective communication, planning, and joint decision-making) with an intention of improving early childhood development outcomes. The Smart couple training is intended for married couples who should attend the training together to benefit maximally from the process. It offers them an opportunity to build their marriage for their own good and the good of their families. Pope John Paul II noted that

"As the family goes, so goes the nation and so goes the whole world in which we live". It is important to note that stable and strong marriages can translate to stable and prosperous families as well as healthy children. The training was conducted in Kisumu at Pinecone Hotel for 8 days. Participants for the training were 14 couples drawn from Lwak in Siaya County and Manyatta in Kisumu County. Others in attendance were master trainers from the Franciscan Sisters of St. Anna, Franciscan Missionaries of St. Joseph, AOSK project staff, representatives from Siaya and Kisumu County Government (ministry of health, Lake Re-

gion economic block) as well as partners like Program for appropriate technology in health (PATH) and the Catholic Relief Service (CRS). The training was facilitated by Mr. and Mrs. Gonzaga a couple from Uganda who belong to maternal life Uganda. Out of the 14 couples who were trained 11 couples qualified as facilitator couples and are now peer mentors who are already training other couples both project and non-project beneficiaries through orga-

nized workshops each taking three days. The target couples to be trained is 500 from the two Counties.



Group photo during the smart couple training at Pinecone Hotel Kisumu

AOSK CHEMCHEMI YA UZIMA INSTITUTE

FORMATION DEPARTMENT

Assessment of the implementation of the formators training

AOSK Chemchemi ya Uzima formators department organized to visit three formation Houses in Nakuru, Mombasa, and Nairobi AOSK Units during the month of October and November respectively. A visit was also made to Camillan fathers who are the indirect beneficiaries of the formation department. The objective of these visits was to find out the extent to which the goals and objectives of training given to formatters are being realized in the ministry. In acknowledgement of the effect of formation training on personal growth, one of the formatter said; ...” **For me the most important effect is the personal formation that I personally received from Chemchemi through the counseling, accompaniment, spiritual direction, growth group, different workshops on growth... the courses that I received molded me into what I am in formation today.**” While another found the program effective as she stated; **“I find the topics given very important and in line with the contents of our formation program and so I’m able**

to implement the contents without stress”.

Apart from assessment activity with these alumni formators, their formees were given a seminar on “Discovering and healing their inner child for effective formative accompaniment. From what came up in the feedback discussions, the importance of continuous conversation with the inner child was realized. A good number of participants expressed the importance of self -awareness as tool to avoid projection. The formators demonstrated a sense of maturity, commitment and ownership of their congregations. They shared their joys and challenges which were taken up to be considered during the on-going formators capacity building as important topics. The formees shared their satisfaction and appreciated their formators commitment and sacrifices. The department appreciates Conrad Hilton foundation through the initiative of AOSK Executive Secretary Sr Pasilisa Namikoye for the empowerment that has facilitated formative activities since 2020.



Sr. Lucia Mutuku, DSH having a one on one discussion with the formators of the congregation of Mary Mother of God in Mombasa.



Sr. Lucia Mutuku, DSH having an interactive session with formees of Dimesse Retreat Centre in Nairobi, Karen.



Sr. Lucia Mutuku, DSH having a one on one discussion with Rev. Fr. Fredrick Mukabana who is an indirect beneficiary of the formation department.



Sr. Ogechukwu Umeozor Training formators at Chemchemi ya Uzima Institute.

SABBATICAL PROGRAM

Every semester the sabbatical participants get a chance to experience a spiritual trip to one of the historical spiritual sites in Kenya; either Bible on the ground in Nanyuki or Marian shrine, in Nakuru Subukia. The choice of the site is guided by the interest of the participants and the previous stories from the members of their congregation who have ever been in sabbatical and had an experience of either of the sites.

The current group of the sabbatical, chose to visit the National Marian Shrine in Subukia. The beautiful month of our lady was marked by an exciting spiritual trip to Subukia Marina National Shrine on the 28th Oct 2022. On arrival, the group had

a Eucharistic celebration which was led by the director of the Shrine Fr. Erick. After which they had the Stations of the Cross which began with an introduction by the Center Catechist sharing about the beginning of the shrine. All the participants appreciated this spiritual enriching moment.



Sisters during a spiritual visit in Subukia

AOSK SISTERS LED YOUTH EMPOWERMENT INITIATIVE (AOSK-SLYI)

Transforming the lives of disadvantaged and vulnerable youth in Kenya

AOSK-SLYI endeavors to transform the lives of vulnerable youth, enabling them to lead sustainable livelihoods in partnership with 36 Catholic Technical Training Institutions, thanks to the Conrad Hilton Foundation for their support. AOSK congratulates all the AOSK-SLYI sponsored students who have graduated, among them being St. Therese Vocational Training College in Karen, where 140 candidates graduated with Certificates and Diploma in food processing technology and

St. Mary's Polytechnic School Kabaa in Machakos.



Graduation Ceremony at ST. Therese Vocational Training College-Karen in November 2022

In November 2022, three major activities were held: **a Youth Reflective meeting, youth mentors' recruitment, and SLYI Annual General Meeting.** The youth Reflective meeting, which brought together 69 of the 432 sponsored youth from all the 36 Catholic Technical training institutions was meant to provide a platform for the youth to share on challenges, achievements, and lessons learnt throughout their training. The youth reported transformation in their conduct, esteem, skills, and knowledge, peer-to-peer mentorship and a positive gesture to the community and other youth from the activities that were implemented. The youth were also taken through entrepreneurship and the available government programs

that they could leverage on after graduation including Youth Fund, Women Enterprise Fund, National Government Affirmative Action Fund (NGAAF), KYEOP and UWEZO Fund.



Group Presentation during the Youth reflective meeting at Dimesse Sisters Karen in November 2022

As SLYI prepare to settle some of the sponsored youth in their small business enterprises, the need to entrepreneurship mentors is critical. The project recruited 18 mentors to journey with the youth in 18 Catholic Dioceses (AOSK UNITS) including Kakamega, Machakos, Kitui, Mombasa, Nairobi, Murang'a, Kisumu, Eldoret, Ngong, Embu, Meru, Homabay, Nakuru, Nyahururu, Isiolo Vicariate, Kitale, Kericho and Nyeri. This was a very competitive call with over 100 applications received, 37 were shortlisted 31 were interviewed and 18 were hired.

Lastly, in November 2022, the SLYI program conducted its AGM at St. Mary's Pastoral Centre in Nakuru. The AGM was attended by 71 participants including 34 youth, 2 youth champions, and 35 administrators of Catholic Technical Training Institutions. From the AGM, a lot has been achieved ranging from skill acquisition among the youth, youth peer-to-peer mentorship, investment of the institutions in production for sustainability and employment of at least 17 youth in the 5 regional Mega Businesses. Other success stories include the psychosocial forums with referral of

youth with drug and substance abuse resulting in behavioral change among many youth in the community



Administrators, Youth and AOSK-SLYI staff pause for a photo after the AGM in November 2022 at St. Marys Pastoral Centre- Nakuru.

AOSK JUSTICE AND PEACE COMMISSION (AOSK-JPC)

In November 2022, Justice and Peace held implementation forums on Sexual and Gender based violence. These activities on SGBV were implemented in Nakuru, Bungoma, Meru, Kitui and Machakos AU's with the aim of sensitizing community members on their rights to be free of violence and showing them where, and how to seek services if it does happen.



Participants taking notes during SGBV implementation in Kitui AU

This year, the KCCB-CJPD annual General meeting was held in Mombasa AU. AOSK was represented by the coordinator for justice and peace Sr. Bernadetta Nzioka, DSH. At the culmination of the meeting, AOSK was recognized and awarded for emerging the overall best organization in her Lenten Campaign contribution.



Sr. Bernadetta receiving a trophy on behalf of AOSK from Archbishop Kivuva and Bishop Oballa

AOSK UNITS

Due to the prolonged drought, some regions in Kenya were greatly affected. AOSK Justice and Peace Commission made interventions through the Lenten campaign collections and helped the most vulnerable people in Lodwar, Narok and Marsabit. This initiative was effected through the AOSK Units and members from these regions were very grateful for the initiative.



Beneficiaries after receiving food stuff.

PAX CHRISTI

The Sisters at the Coast have embarked on training the Sisters and the youth in various parishes in the dioceses of Malindi and Mombasa. During the month of November, the Sisters trained 680 Youths and 26 Sisters making a total of 706 trainees. The Trainers focused on Transformational leadership-four pillars of leadership, climbing the leadership pyramid, characteristics of leaders, five management styles used by leaders, how to develop a good personality, and a leaders inner circle. Others emphasized on Conflict and non-active violence communication; the themes discussed included the contributing factors leading to conflict, the negative effects when conflicts arises in the family, community, countries and in the

World. It was observed that without proper knowledge, the youth cannot be agents of peace in their community in solving violence that might develop.



Sr. Elizabeth discussing with the youth and Sisters on the importance peaceful environment

HUMAN RIGHTS

As the Country grapple with the solution to climate change, Pupils from St. Cecilia memorial school in Eldoret diocese planted 10,000 trees. The pupils are from the Environmental club under the mentorship of Sr Angela Marie and Rodah Marie of the Franciscan sisters of St. Joseph – Asumbi.



Pupils of St. Cecilia getting set to plant trees.

THANK YOU ALL FOR PARTNERING WITH AOSK

Together we are transforming lives!!!!



**AOSK WISHES YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR
2023**

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