

# THE MONTHLY GRIND

The Monthly Newsletter for the Association of Sisterhoods of Kenya

September 2022



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In his Statement, Pope Continues by saying, that there must be “a window of hope” in every legal sentence. Capital punishment, he says, “offers no justice to victims, but rather encourages revenge. And it prevents any possibility of undoing a possible miscarriage of justice.” Pope Francis goes on to say that the death penalty is “morally inadmissible” because it destroys life, and insists that “up to the very last moment, a person can convert and change.” Pope Francis argues that in the light of the gospel the death penalty is unacceptable. He calls upon the world to observe the commandment that states “Thou shall not kill” saying that the commandment refers to both the Innocent and the guilty.



## Pope Francis Prayer Intention for September 2022

### Abolition of death Penalty

Going by the Pope's Prayer Intention for the Month of September 2022, Pope Francis said that the death penalty is not necessary and the world should work towards abolishing it. Pope Francis argued that society can effectively repress crime without definitively depriving offenders of the possibility of redeeming themselves.

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

Going with the Strategic objective three of the AOSK SLYI program which focuses on improved community-based outreach programs for the disadvantaged and vulnerable youth, The AOSK SLYI program in the month of September held joint sporting activities in 17 AUs to foster networking and unity towards youth transformation. During the sports event, the youth were able to network and cooperate with each other from different institutions as they shared the sport podium together.

During the same month of September, AOSK – SLYI also conducted monitoring support visits to technical training institutions. The objective of the monitoring visits was to monitor program implementation progress, document the outputs achieved so far, and support the communication office in shooting

the documentary for the selected institutions. From these visits the AOSK-SLYI was able to establish that more students have been retained in the technical institutions and are having positive progress in achieving their desired skills for self-sustainability.

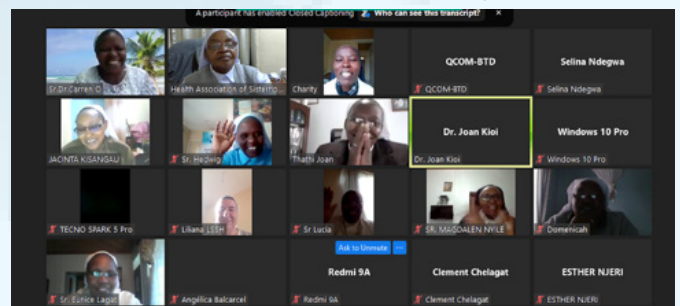


AOSK-SLYI youth during a Joint sports session in September 2022

## Health Association of Sisterhoods of Kenya (HASK)

During the Month of September 2022, HASK conducted a series of activities which focused on Health Matters. Health and wellness awareness is a big challenge to African countries and has posed a heavy health burden on the families and the larger society in Kenya. The health talk series had 4 virtual sessions which were conducted on 4th, 11th and 25th of September 2022 respectively. The themes included mental health that focused on dementia and mental wellness, cancer from prevention to survivorship, gynecological issues and lifestyle diseases. At the end of

the Virtual forums the participants had learnt a lot from the topics that had been addressed by the specialists.



Participants virtually following up the Health talks Courtesy of HASK.



## Religious Against Human Trafficking. (RAHT)

Human trafficking is a topic that of late informs discussions across media platforms in Kenya. The severity of its effect on the society is becoming unbearable pushing government institutions and private organizations working to counter-human trafficking seek to formulate amicable solution. The Gulf countries according to the latest reports, are leading in infringing the nobility of human rights in relation to the latter. RAHT being part of the actors and implementors in protection of human dignity; actively participate in creating awareness to the society, safeguard vulnerable groups of individuals and work closely with other organizations to reinforce the efforts of averting the situation. It is through RAHT's commitment that on 21st Sep. 2022 the program had one of its survivors represent them on a show organized by Citizen TV that lasted for 2 hours elaborating the tribulation young girls face in the hands of traffickers. The department also had one of its staff representing them at Reuben Radio expounding further on the holistic issue of human trafficking.



One of the RAHT survivors during a session with citizen Tv where she was explaining the tribulation young girls face from the traffickers.

On 10th September 2022 the program implementing member congregations converged at AOSK Tumaini Centre to deliberate on merits, experiences gained, challenges faced and the way forward in curbing human trafficking. From the discourse, it was clear that the impact made at the grassroots awareness programs is snowballing well and community members are becoming informed and even assessing their own character especially those with the nannies. Sister Laura applauded member congregations alongside AOSK and RSCK for the good work they have done within a short period of time. Sensitizing a population of over 7.5 million people in less than six months needs a lot of commitment and passion to serve.



RAHT Member congregation during their Meeting at AOSK Tumaini Centre.

On 17th and 18th of the same month, RAHT program visited Lamu Island and created awareness on matters human trafficking. A total of 70 people were reached during the two sessions. On 24th September, the Yarumal Missionaries

organized for a farm tour at their 3000 Friends Farm in Rimpa Kiserian – Kajiado County. The event attracted about 100 participants drawn from Kibera, Kasarani and the locals. In attendance also were visiting Yarumal priests from Ivory Coast and seminarians from different communities they have in Kenya. RAHT-Kenya was invited to create awareness on matters human trafficking on this population. The participants appreciated the effort being put into this topic as it helps the community remain alert, vigilant and aware of tricks and methods used by traffickers to lure individuals into the process.



RAHT program during a sensitization forum about Human trafficking in Lamu.

## AOSK Insurance Agency

The AOSK insurance agency started the Month of September on a higher note by holding a meeting with CIC. The meeting's main aim was to strengthen business relationships and foster mutual support in exploring the wide market in its platforms. On the 5th of the same month, the agency engaged Britam Insurance on matters of pension insurance to explore how they can provide solutions for the Catholic Sisters through a pension scheme. On

the 6th, a meeting was held at St Eugene Marie primary school to discuss on their insurance which has set pace for business growth. The agency is working on finalization of their WIBA, GPA, Medical insurance and insurance for their property. On 15th of September 2022, the agency held a meeting with Pacis Insurance to discuss service issues, debts and business pipeline.



AOSK Insurance agency during their meeting with CIC



AOSK Insurance agency posing for a photo with CIC members after successfully finishing their meeting



## AOSK SCORE ECD

In September 2022 SCORE ECD held a virtual reflection meeting attended by CRS and AOSK program and MEAL officers, and focal persons from 10 congregations which included: master trainers, M&E persons, project accountants, and one focal contact person. The purpose of the meeting was to learn through Knowledge sharing focusing on project objectives in terms of achievements, challenges, and the lessons learnt during implementation. From the reflection meeting, it came out clearly that Sisters are positively reaching out to caregivers at the community level and impacting them with knowledge and skills on early childhood care and development (ECD).

During the same month, AOSK and CRS SCORE ECD staff, master trainers from the Franciscan Sisters of St. Anna in Siaya County, Franciscan Missionaries of St. Joseph in Kisumu County and two research assistants conducted a screening exercise to project beneficiaries in preparation to the implementation of the integrated mother's babies course (IMBC). Postpartum depression (PPD) is a complex mix of physical, emotional, and behavioral changes that happen in some women after giving birth. The IMBC/ECD curriculum is a prevention model based on cognitive behavioral therapy with the aim of supporting pregnant women and mothers with children under three years of

age to become more resilient, decrease the risk of depression, and manage daily stressors associated with pregnancy and parenting young children and promote early stimulation behaviors and bonding to support child development. The screening was done using the Edinburgh Postnatal Depression Scale (EPDS) which is a 10-item questionnaire that helps identify women who are at risk for depression. Mothers with high risk of depression will be referred to mental health services. The IMBC sessions for caregivers will commence in the month of October 2022 through June 2023 when the first cohort is expected to graduate.

## AOSK Justice and Peace Commission

In the month of September, the Justice and Peace carried out two meetings in Kisumu and Nairobi metropolitans. The meetings took place on September 9 and September 23 in Eldoret, Kisumu and Nairobi metro respectively. The aim was to evaluate AOSK – JPC activities and to foster more ways of inter-

vention, collaboration and networking with like-minded stakeholders on emerging issues of human rights violations including; SGBV, human trafficking, Conflict and Peace building among others. Participants shared their respective reports on activities already implemented on SGBV, Public participation, Civic

education and Human trafficking and had the opportunity to plan for next year activities. Additionally an input on the emerging issues including SGBV and Public participation was given to equip the target beneficiaries with more knowledge and skills on curbing these issues. Following successful implemen-

tation of activities for the year 2021-2022 the Justice and Peace recognizes the outstanding efforts made by individual target beneficiaries by awarding them with a certificates of recognition. The selection of awards is based on how these individuals have been consistent and efficient in implementing activities, resilience, mentoring others, good leadership skills and collaboration. This year Nairobi metro did an exemplary work both at the individual and Unit level. Sr. Anastacia Njeri (Nakuru AU), Mrs. Josephine Wambua (Machakos AU) and Abednego Mutuku (Ngong AU) emerged as the best Sister, Peacemaker and Human Rights teacher respectively while Kericho Au emerged as the best AU and Ngong as the most improved AU.



Kericho AU receiving a trophy and certificate after emerging the best AU



Abednego Mutuku (Ngong AU) receives a certificate as the best HR teacher



Josephine Wambua (Machakos AU) receiving her certificate as the best AOSK peacemaker



Sr. Anastacia Njeri (Nakuru AU) receiving her certificate as the best Sister



## PAX CHRIST

During the month of September, 16 Sisters carried out the implementation of Pax-Christi activities in various parts of the Coastal region on active non-violence and Conflicts resolution. On conflict resolution, the trainers managed to highlight what is conflict, what are the causes of conflict in school, at home and, how can conflict be managed or resolved in a non-violent manner in the society. The youths were taught on steps they are to use to promote peace and justice by using nonviolence. Trainers made presentations on Transformation Leadership. They discussed about the pillars of leadership, characteristics of a leader and how to develop good leader-

ship skills. The majority of participants were students at universities, colleges, secondary while some were teenage parents. A total number of 1,152 participants were trained. The Sisters were 52 and the youth were 1,053.



Sr. Sophy Njue discussing about causes of violence at Likoni

## AOSK Units

The celebration of 60 years of the Diamond Jubilee was held at Eldoret Cathedral where the sisters together with Bishop Dominic planted trees to mark the event. The Bishop's message was very encouraging during the homily, he recognized the central role played by the Religious women in promoting the Mission of Christ in Eldoret. He gratefully acknowledged that the Sisters have reflected the mission and Vision of AOSK in the apostolic activities they carry out. The Christian community representatives stated that the

Sisters have been very key in most activities of the diocese.



The Sisters cutting the cake alongside Bishop Dominic, priests and Sr. Veronica ASE, who was marking 60 years of religious life.

The Lodwar Unit also celebrated the AOSK diamond jubilee. It was a great time of reunion and coming together of the sisters who assembled at Bethany to Mark the celebration. His Lordship Bishop John Mbinda gave a Recollection to the Sisters on Friday and thereafter celebrated the Diamond Jubilee Mass with the sisters on Saturday 17th Sept 2022. In his sermon, the chief shepherd encouraged the Sisters to serve the Lord with joy and not count the cost or look at the impediments that they at times encounter as they render service to humanity. To mark the Diamond Jubilee, the Sisters planted 60 trees to mark 60 years of AOSK in Kenya. The trees were a donation from KEFRI Kenya in solidarity with the Church in Lodwar on their mission of turning Turkana green.





Lodwar AU Leaders planting a tree on the day of AOSK Diamond Jubilee Celebration alongside the Pastoral Coordinator.



Sisters posing for a group photo after the Eucharistic Celebration with the Bishop and Pastoral Coordinator.

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

Catholic social teaching is a central and essential element of our faith. Its roots are in the prophets in the Bible, who announced God's special love for the poor and called God's people to a covenant of love and justice. It is a teaching founded on the life and words of Jesus Christ, who came "to bring good news to the poor, liberty to the captive, recovery of sight to the blind" (Lk 4:18-19) and who identified himself with "the least of these," the hungry and the stranger (cf. Mt 25:44-45). Catholic social teaching is built on a commitment to the poor. Catholic social teaching is based on

and inseparable from our understanding of human life and human dignity. Every human being is created in the image of God and redeemed by Jesus Christ and therefore is invaluable and worthy of respect as a member of the human family. 13 Every person, from the moment of conception to natural death, has inherent dignity and a right to a life consistent with that dignity. Our tradition proclaims that the person is not only sacred but also social. How we organize society and relationships affects human dignity and the capacity of individuals to grow in the community. The family

is the central social institution and must be supported and strengthened, not undermined. Catholic tradition teaches that human beings grow and achieve fulfillment in the community. We believe children have rights. They have rights to a family and to participate in society.

# AOSK ChemChemistry ya Uzima Institute

## ICAPAMI

On 16th September, 2022 AOSK ICAPAMI students were privileged to attend Nairobi Metropolitan Catechists' Annual Mass which took place in Ngong Cathedral. The main celebrant was His Grace Rev. Archbishop Philip Anyolo of Nairobi Archdiocese, assisted by Right Rev. Bishop John Obala Owaa of Ngong diocese together with several priests representing all Metropolitan Dioceses, Catechist Coordinators and more than 5,000 Catechists. The main purpose of this celebration was to bring together agents of evangelization from eight dioceses. The theme of the day was; Synod; Journeying Together as Agents of Evangelization. In his Homily, His Grace Most Rev. Philip Anyolo emphasized the fact that, Jesus Christ invites all to collaborate with Him in the work of evangelization. All those who have accepted this call of collaboration



ICAPAMI students during the Eucharistic celebration

## Institute of Psycho-spiritual Counselling

Since the department of Integrative Spiritual Counselling resumed its learning on 29/08/2022, the departmental activities have been put in place and the students have settled in their studies. Through ASEC the department has been able to receive 11 diploma students. Also for the first time, the department has four students who are doing the certificate in Integrative Spiritual Counselling for a full year. As of now, the department has a total number of thirty-one students which shows a great milestone considering the number of students who were enrolled in the previous years. The ISC department is proud to announce that on 28/10/22, fourteen students from this department will be graduating with a diploma in Integrative spiritual counseling. The graduation will take place at the Catholic University of Eastern Africa. Lastly, the ISC department was privileged to facilitate a three-day workshop for sabbatical and formation participants to equip participants with skills to use as they look into their life and journey.



A special thanks to our doners for patnering with us.

Together we are making a difference!!!!



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