

NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya.

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Pope Francis Prayer Intentions for January 2023: For Educators.



In his prayer intention for January, Pope Francis invites educators to add “fraternity” to the content of their teaching, noting that “educators are witness who impart not only their mental knowledge, but also their convictions, their commitment to life.” He added that education itself is an “act of love” that can show us the way “to recover a sense of fraternity, so we will not ignore those who are most vulnerable.” Pope Francis called on the faithful to pray “that educators may be credible witnesses, teaching fraternity rather than confrontation, and helping especially the youngest and most vulnerable above all.”

The Legal Desk: Income Tax: A responsibility or a burden?

Income tax is a direct tax because both its impact and incidences mainly fall on the same person. The impact is on the person who pays the tax to the income tax authorities while the incidence is on the one who bears the burden. When one is an employee he is the one who pays the income tax to the income tax authority although the employer remits. The burden of any direct tax falls on any person who makes that income. Gifts are not income and therefore not taxable. Section 3 (2) of the Income Tax defines taxable income as gains of profits from business, employment, services rendered and rent or rights granted to other persons for rent, dividends and interest, pension, any amount that is deemed to be income of a person under the Act. Tax law in Kenya is all based on statutes, it's all-statutory and not just income tax but statutes provide for every tax. Wherever there is a dispute, then the courts come in to interpret the statute. The courts interpret

the statutes but do not establish the taxes themselves. Non-residents are also liable to tax but only for income derived in Kenya. Diplomats are residents but they are exempt from tax since they enjoy some privileges and immunities. Section 12 of the Income Tax Act states that non-resident persons whose income is derived or accrues in Kenya through a business carried out over the internet or an electronic network including a digital marketplace shall be subjected to Digital Service Tax (DST). Such non-resident persons



Pax Christi International

Active nonviolence as a way of solving violence; reacting with no intention to harm and in return looking for peace. Demonstrating a win-win relationship- equality and removing counter-violence and passive response. Evangelical non-violence; the key attitudes of Evangelical non-violence. Role models and examples from real-life e.g. St Mother Theresa of Calcutta, St John Paul II and Nelson Mandela.

Active nonviolence is a powerful moral and political force whose end goal is human development. It is a philosophical and political stance held by people who reject all use of violence in conflict resolution. They use peaceful means to promote their ideas, fight injustice or resist attack this philosophy was first taught by Jesus Christ then. Mahatma Gandhi in pursuit of Indian independence (1869-1948) and Martin

Luther king Jr (1929-1968) and the civil rights movement in USA. In Mt. 5 :21-22, the Bible teaches of the respect for human being, forgiving with love our persecutors and loving our enemies. Most of the saints especially those who were murdered, died in pain forgave their persecutors and they prayed for them, example of St Stephen, St. Maria Goretti, the apostles, among others

Gender and Human Rights Forwards!!!!

Have you ever forwarded messages to people in your contacts? Why did you do this and what was the message? Most of us if not all of us do not like or even read forwards. The notion being People who are less informed about the news are more likely to spread false information. A study carried out by Saladoye, et. al(2021) asserts that WhatsApp facilitates easy communication as users can send messages, images, videos, and group conversations instantly. Forwarding the messages received is one of the desires of WhatsApp users. As a reader, you might wonder why this information, well, did you know that forwarded messages can save a life? Soon after the festive season, a woman peacemaker from Bungoma forwarded a photo of a lost child on the WhatsApp group of the AOSK Peacemakers. The photo had all the details of where the child was coming from and the contacts of the parents. Unlike most of us, the forwarded message was taken seriously by the woman from where the girl came from that is Kericho, she followed up and traced the child in a police station in Nakuru. The child was then reunited back to her family safely. This was a learning lesson as the family called to thank

the admin of the group for saving their child. When the woman who posted the photo to the group was asked why she did so she said the forwarded message had vital information from the sender that struck her.

However, despite forwards having positive contributions when it comes to information sharing, the forwards can also have negative impacts when it comes to matters of fake news. It should be noted that most of the times people have shared information which later turned to be untrue. With such cases, all are advised to be cautious and verify all the information before circulating it online.

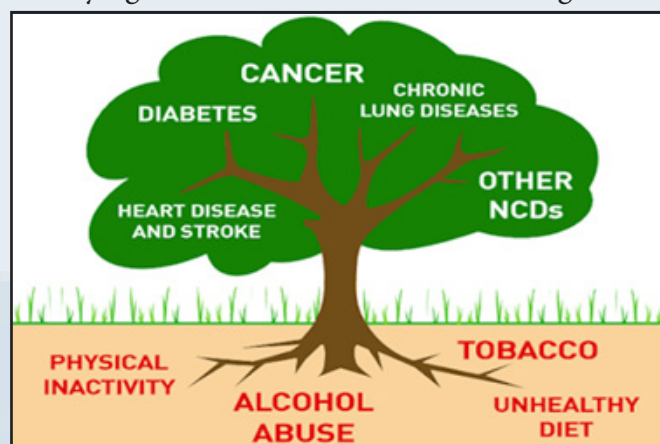


Health Association of Sisterhoods of Kenya (HASK)

In the past, HASK has been putting her energies into responding to COVID-19. This year, HASK is concerting her efforts towards Non-communicable diseases (NCDs) that kill 41 million people globally each year, equivalent to 74% of all deaths globally. According to WHO, of all NCD deaths, 77% are in low- and middle-income countries. NCDs disproportionately affect people in low- and middle-income countries, where more than three-quarters of global NCD deaths (31.4 million) occur. NCDs are non-communicable diseases also known as chronic illnesses that are long-term in nature. They have no proper cure, are progressive and life limiting. Additionally, NCDs are terminal illnesses that can lead to death.

There are many factors that cause NCDs, The studies have shown that NCDs are as a result of a combination of genetic, environmental, and behavioral factors. Aging is also thought to increase the possibility of getting chronic illnesses due to low immunity. Poverty is closely linked with NCDs. The rapid rise in NCDs is predicted to impede poverty reduction initiatives in low-income countries, particularly by increasing household costs associated with health care. In low-resource settings, healthcare costs for NCDs quickly drain household resources. Common NCDs include

cardiovascular diseases, hypertension, diabetes, cancer, chronic kidney diseases etc. those who have other underlying conditions like HIV are at a higher risk.



A way of reducing these NCDs is by Reducing the risk factors associated with these diseases like tobacco and alcohol consumption, lifestyle modification, eating right foods and at the right times, adapt health-seeking behaviour, do physical exercises, avoid stressing moments and seeking for help when stressed or anxious. Annual medical check-ups can help detect and treat NCDs before they become chronic.

AOSK Insurance Agency

Importance of Investing in a personal pension plan.

Investing in a personal pension plan is very key and comes along with a lot of advantages. Personal pension plans guarantee members contribution and accumulated earning against impairment by investment loss at a minimum guaranteed interest of 4%. They also offer bonus return in addition to guaranteed interest, Investment risk borne by the company thus no risk to members and flexibility of contribution and withdrawal. Additionally, they offer collateral for mortgage on up to 60% of member's fund and no cost of joining or administering the fund. There are two retirement savings options that will make sure that you'll have the income you need as you head into retirement. The key difference between the two is the mode of payment at retirement. A Pension plan in which a third of accumulated benefit will be paid as a single lump sum amount and the remaining two-thirds paid as a regular income for life upon retirement

or can be withdrawn from the fund in a minimum of 10 years. In a provident plan, the accumulated amount will be paid in one single lump sum upon retirement. On 19th of January 2023, AOSK insurance agency conducted a pension scheme workshop at Consolata gitoro hospital in Meru with the aim of ensuring that members are understanding more about pension scheme. AOSK insurance agency works tirelessly to ensure that it is serving its customers efficiently especially in matters of insurance.



Members from Consolata gitoro hospital in meru keenly following up on a workshop about personal pension plan.

AOSK Catholic Care for Children in Kenya

A call by AOSK-CCCK to rethink care of the orphans and vulnerable children

God's concern for the orphaned and vulnerable children is among the most prominent themes of Scripture, and the call to respond is repeated throughout the Old and New Testaments. Congregations and religious sisters have generously and selflessly responded to this call since the early church. In Rome, followers of Jesus would rescue children who had been left to die outside of the city wall, taking them into their homes to care for as their own. At a greater length small Christian communities have also continued to respond to this biblical mandate over the years through foster care, kinship, guardianship, adoption, and support of orphan and vulnerable children in families around the world. Today, the challenges facing orphaned and vulnerable children are significant with the impact of disease, poverty, war, substance abuse, and mental illness to mention only a few. Children around the world are living without a safe and loving family, including children whose parents have died, as well as those who are living on the streets or experiencing neglect or violence in their homes. Yet, despite this dire situation, there are also stories of hope, resilience, care, and sacrifice. Christians around the world are responding to the needs of these children in new and creative ways, adapting to prevent harm to children and ensuring that they remain in or are placed in safe and loving families. The church can step into a new era of support for orphaned and vulnerable children. AOSK-

CCCK believes and calls for all stakeholders involved in care for orphans and vulnerable children to actively respond and rethink the model of care involved and advocate for care of children within nurturing and caring families.



Sr. Delvin Mukhwana, DHM inviting more than 72 sisters from Meru AU to rethink care for orphans and Vulnerable and

embrace care for children within families during a sensitization forum conducted in Meru AU on 21 st February 2023

AOSK SCORE ECD

Play and Child development

The first years of life shapes the future of a child and determines what they become. A child's brain develops rapidly particularly in the first two years of life. Lack of play and communication during this stage may have long-term consequences on the child's learning, physical and mental health. By the age of three, a child's brain is 80% of the adult brain and by the age of eight, it grows to about 90%. Caregivers need to provide materials and opportunities for play to stimulate children's brains. Play materials can be developed using locally available materials without incurring the costs of purchasing them.

The ECD spaces established at health facilities by sisters implementing the SCORE ECD project have given children an opportunity to interact with materials and their peers hence acquiring language and other social skills such as sharing and cooperation. As children interact in these spaces the sister Master trainers, Community Health Volunteers and hospital personnel are able to make observation on children developmental milestones as well as the recovery progress for unwell children and early intervention is ensured. Sr. Irene Inviolata FSSA a SCORE ECD master trainer from Siaya had this to share “I am happy to see our beneficiaries attend ECD/IMBC ses-

sions with ease while their children interact happily with the materials at the ECD Space created within our health facilities at Rambugu and Lwak.



Sr. Irene FSSA sharing messages with caregivers ECD space

AOSK Sisters Led Youth Empowerment Initiative

Youth Empowerment is both a means and an end, it is a process where young people are encouraged to take charge of their lives by addressing their situation and then take action in order to improve their access to resources and transform their consciousness through their beliefs, values, and attitudes. The Commonwealth Plan of Action for Youth Empowerment 2007 – 2015 endorsed that empowering youth means creating and supporting the enabling conditions which include; economic and social based conditions, mainstreaming youth issues in the political arena, having a supportive legal, and administrative framework, stable

environment, and access to knowledge, information, and skills, under which the youth can act on their own behalf and terms rather than the directions of others. The constitution of Kenya [2010] makes various provisions for the youth in article 55, which requires the state to take measures, including affirmative action programs to ensure that the youth have access to relevant education and training, be represented, and participate in political, social, economic and other spheres of life, and to access productive engagement including employment and entrepreneurship. There are various types of youth empowerment including; skill empowerment, educational em-

powerment, business empowerment, moral empowerment, and financial. However, factors such as; Governmental policies. Entrepreneurial activities are necessary for society and the healthy economy of the nation, Lack of political participation, Employment opportunities, and Social engagement can affect youth empowerment. The Association of Sisterhoods of Kenya through the Sister-Led Youth Empowerment Initiative [AOSK-SLYI] is not left out in this conquest. AOSK-SLYI recognizes youth as a partner, stakeholders, and beneficiaries in the attainment of SDGs 2030. AOSK-SLYI empower the youth through four components; finan-

cial support of needy and vulnerable youth, capacity building and enterprise development, access to financial resources, and community outreach. Through these

initiatives, our beneficiaries have Improved social skills, improved behaviour, increased academic accomplishment, enhanced self-esteem, and improved self-efficacy

Join AOSK-SLYI in this initiative because we believe that ‘we cannot always build the future for our youth, but we can build our youth for the future.’ Franklin D. Roosevelt.



Sr. Mercy Mwayi, FSJ during a training session with the youth

AOSK Formation

The Heart of the Formative Journey

In her reflections on the gift of accompaniment in religious formation, Brenda Dolphin (2011) States “A person who is lucky enough to be closely accompanied by an interested and capable mentor in any walk of life is gifted indeed”. She views one to one mentoring in a pedagogical perspective and embraces it as an optimal way for one to grow and develop. In his book on *The Art of Winning souls: Pastoral Care of Novices*, Casey (2010) asserts that “What is sought in formative conversations is a growth in self-knowledge and, beyond that, an ongoing growth in self-acceptance”. He continues to say; “Self-acceptance is often the product of empathetic listening.

When another person hears my story and seems undismayed by its negativities and does not rush in to remedy them, I am encouraged to go deeper, somewhat confident that what I find will not be so terrible.” The candidates, novices and the temporary professed are the only ones who truly can do the work of growing in self-knowledge and self-acceptance. At the same time, in initial formation, it is ultimately the formator’s responsibility to ensure that candidates, novices, or temporary professed are engaging in this process. We cannot always count on self-initiative when it comes to personal growth, particularly if an individual is unaware or in denial about

the need for personal development (Falkenhain ,2019) Since Vatican II the practice of one-to-one vocational accompaniment, as an important pedagogical method has gradually come to the fore in the formation process. This is due, in part, to the need to personalize initial formation so that each person is enabled to move forward at her own pace. "...Accompaniment has come to be viewed as a help to ensure that internalization and integration of day-to-day choices and Christian values are taking place. This is important so that the formation years are not simply a 'tunnel experience' lived at the level of compliance with what is required, while the person simultaneously avoids any responsibility for the accompanying struggle for conversion and transformation that is essential to growth" (Dolphin,2011)

In conclusion, the importance of regular personal accompaniment of persons in the initial stages of formation cannot be overemphasized. This is because the initiation of a new member into a religious congregation is facilitated and strengthened by one-to-one accompaniment during the formation period. This is why training of formators is very crucial and AOSK Chemchemi ya Uzima Formation program emphasizes on training of formators to ensure quality processes are taking place to minimize serious gaps experienced in formation houses. It is good to note that the capacity of formators to notice various degrees of motivation and explore these with those they accompany is essential in the formative process



Sr. Lucia Mutuku during her one on one session with Sr. Alice who serves as a formator at Dimesse Sisters

Intergrative Psycho-spiritual Counselling

Enhancing effective communication and teamwork is the theme for Chemchemi Ya uzima institute for this semester. This was well illustrated by the ISC students through an analogy of an ELEPHANT. Below is the write-up and moral teaching which could also apply to us as individuals.

The Parable of the Blind Men and the Elephant

Once upon a time in a certain village six blind men always wanted to know what an elephant looked like. Each man could touch a different part of the elephant, but only one part. So one man touched the side others, trunk, tusk, the leg, the ear and the tail. The blind man who touched the side said it was like a wall; the one who touched the trunk said It was like a snake; the one who touched the tusk said It was like a sharp sword; the one who touched the leg said It was like a tree; the one who touched the ear said it was like huge fan; and the one who touched the tail said It was like an old rope.

The blind men argued among themselves about what an elephant was like, each holding on to his own perception. When a sighted man walked by and saw the entire elephant all at once, they also learned they were blind. The sighted man explained to them: All of you are right. The reason every one of you is telling a different story is that each one of you touched a different part of the elephant. So actually, the elephant has all the features you mentioned.

The moral of the story

As individuals, sometimes we view life from a limited perspective. At times, we are blind without our knowledge. At other times, we may find ourselves at odds with others because of seeing life from one angle. No one has the comprehensive vision of truth. In order for us to work as a team and for effective communication at our lives, we may need to be humble thus learn to consult, listen to others, work together, walk together, learn to seek help from experts among us and beyond us, and learn to approach issues from a holistic perspective. Gestalt theory posits that, "The whole is greater than the subtotal of all parts"

Parting shot; "Alone we can move faster but with others we can go far"

Organized and shared by Sr. Nancy Mburu (1st year Diploma student)

Adverts!!!

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AOSK Chemchemi ya Uzima Ongoing Formation

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CONSECRATED LIFE TODAY
(ADDRESSING CULTURAL DISTRACTION AND
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