

NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya

What is inside this Issue:

- > Pope Francis Prayer Intentions for March 2023
 - > The Canonical Issues
 - > The AOSK Legal desk
 - > Health Association of Sisterhoods of Kenya
 - > Catholic Care for Children In Kenya (AOSK-CCCK)
 - > Justice and Peace commission (AOSK-JPIC)
 - > AOSK Insurance
 - > Sisters Led Youth Empowerment Initiative (AOSK-SLYI)
 - > ChemChemi ya Uzima Institute
 - . ICAPAMI
 - . ISC
 - > Gratitudes
-

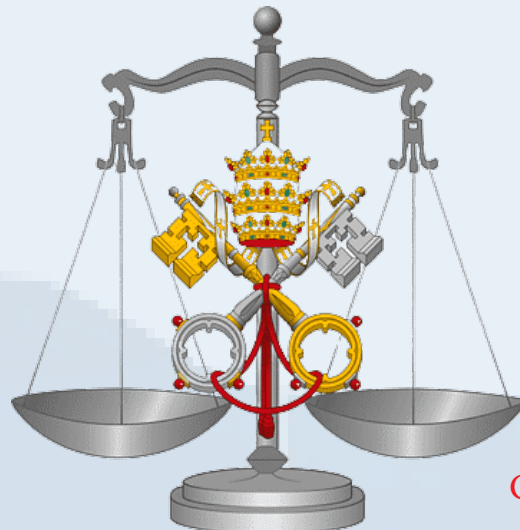
Pope's March prayer intention: For victims of abuse



In response to cases of abuse, especially those committed by members of the Church, it is not enough to ask for forgiveness, said Pope Francis in his video message while he was announcing his prayer intention for March 2023. In his message, the pope insisted that victims must be the protagonists of a response to abuse, saying that “their pain and psychological wounds can begin to heal if they find answers, if there are concrete actions to repair the horrors they have suffered and to prevent them from happening again.” Pope Francis insisted, too, that the Church cannot hide abuse, no matter where it occurs, but instead must serve as a model in its response to abuse, including by shining a light on the issue of abuse in society and in families. As part of that response, the Church must also “offer safe spaces for victims to be heard, supported psychologically, and protected.”

“Let us pray for those who have suffered because of the wrongs done to them by members of the Church. May they find within the Church herself a concrete response to their pain and suffering.”

THE PURPOSE, SCOPE, FUNCTIONS AND NATURE OF CANON LAW



Canonical Issues Corner

In our February newsletter, our reflection was on why there should be rules in the Church community. This Month's topic reflects upon the purpose, scope, function, and nature of Canon Law in the Church as a society. G.J. Woodall outlines the purpose of Canon Law as to; assist the Church in fulfilling its task which is to reveal and communicate God's saving power to the world, create order in the community, and bring about tranquillity and peace. The law can also be a teacher to the people, as the Torah once was guiding the people of God toward the kingdom. The scope of Canon law then pertains almost exclusively to the external forum, the arena of the Church's public governance, and not directly to the internal forum, or the arena of conscience. It governs the external order of the Church, the public life of the faith community and does not attempt to measure

or compel personal conscience or moral judgments. The functions of law in a society includes; to aid society in the achievement of its goals, to afford stability to the society, to protect personal rights, to assist in the education of the community. The nature of canon Law is that; the Church is a human community; it has an affinity with the divine because it is an integral part of the Church as a Sacrament. In the law itself, human prudence blends with divine wisdom in a close union but without fusion or confusion. Law provides for human needs and it is bound to reflect the human qualities of the legislator. Cf. J.P. BEAL, et al., (eds.), *New Commentary Code of Canon Law*, Commissioned by the CANON LAW SOCIETY OF AMERICA, Theological Publications in India, Bangalore 2013, p. 2.

THE AOSK LEGAL OFFICE

RIGHT TO DEMONSTRATION: AN ABSOLUTE RIGHT?

Kenya is a State Party to the 1966 International Covenant on Civil and Political Rights (ICCPR). Article 21 governs the right of peaceful assembly, providing

that the right of peaceful assembly shall be recognized. No restrictions may be placed on the exercise of this right other than those imposed in conformity with the law and which are necessary

in a democratic society in the interests of national security or public safety, public order, the protection of public health or morals or the protection of the rights and freedoms of others. At the regional level, Kenya is a State Party to the 1981 African Charter on Human and Peoples' Rights. Article 11 provides that every individual shall have the right to assemble freely with others. The exercise of this right shall be subject only to necessary restrictions provided for by law in particular those enacted in the interest of national security, the safety, health, ethics and rights and freedoms of others.

Constitutional Provisions

Under Article 37 of Kenya's 2010 Constitution: Every person has the right, peaceably and unarmed, to assemble, to demonstrate, to picket, and to present petitions to public authorities. The right to assemble is not, though, absolute under the Constitution.

Ferdinand Ndung'u Waititu v. Attorney General (2016)

In his judgment in this case, Justice Joseph Onguto of the High Court noted that there was "no doubt that the right to assemble, demonstrate, picket and petition as enshrined under Article 37 [of the Constitution] is not absolute." It may, he observed, "be limited by law":

Demonstrations and picketing provide an avenue for those who have strong feelings about particular issues to express those feelings. Such expressions may take the form of motionless protests, public meetings, protest marches, press conferences, sit-ins, and even counter-demonstrations.

Demonstrators, picketers and petition presenters must do so "peaceably and unarmed". Assemblies, picketing, and demonstrations which are not peaceful are excluded from the protection of the Article. If they consist of violence or intimidation of the public then the assembly or the demonstration ought to be stopped. Likewise, participants in assemblies, picketers, and demonstrators must not be armed. Weapons as well as defensive or protective contraptions which breed or stimulate aggression ought not to be possessed by the demonstrators or picketers.

The 1950 Public Order Act (as amended) further governs public assembly in Kenya. The Act requires any person intending to convene a public assembly to give the police between three and fourteen days' notice. The police may prevent the holding of a public assembly if the date, time, and venue proposed by the organisers are already taken by another person or group. The law does not contemplate the holding of either simultaneous or counter-demonstrations.

The Use of Force

The use of force by the Kenyan police and other law enforcement agencies is also regulated by the 2011 National Police Service Act. Under the Sixth Schedule to the Act:

1. A police officer shall always attempt to use non-violent means first and force may only be employed when non-violent means are ineffective or without any promise of achieving the intended result.
2. The force used shall be proportional to the objective to be achieved, the seriousness of the offence, and the resistance of the person against whom it is used, and only to the extent necessary while adhering to the provisions of the law and the Standing Orders.

Kenya's domestic regime, however, allows a firearm to be used for public order "whenever the circumstances so permit without gravely jeopardizing the safety of persons and without grave risk of uncontrollable disorder". It is further specified that: firearms shall not be used unless weapons less likely to cause death have previously been used without achieving the purpose aforesaid; and firearms and other weapons likely to cause death or serious bodily injury. Organizers therefore have a duty to comply with the legal provisions and a right to be supported by law enforcers once they adhere to the legal requirements.



Protestors during Peaceful demonstrations. Image Courtesy

THE CATHOLIC CARE FOR CHILDREN IN KENYA (AOSK-CCCK)

Collaboration With other Stakeholders

There are high levels of commitment towards care reform within Kenya among State and non-state actors, which has strongly been built upon mutual and collaborative networking amongst the different stakeholders involved in championing for care reforms. Cognizant of the importance of close collaboration, AOSK-CCCK has endeavoured to create a multi-sectoral collaboration approach that greatly invests in partnership and collaborations that results when government, non-profit, private, and public organizations, community groups, and individual community members come together to solve problems that affect the whole community. AOSK-CCCK has been able to embrace decisively working closely with other partners and stakeholders involved in care reforms, especially the local government administrative unit comprising of Deputy County Commissioners (DCC); Area County Commissioners (ACC); Police officers and the local Chiefs and Assistant chiefs in Ugunja Constituency and Nambale Constituency at the grassroots level. The need for involvement of the Local government administrative units was informed through the realization that Community perceptions of care reform are mixed; many times community members are sympathetic towards family and community-based care in principle but are skeptical about how realistic it is in practice and these forums provides an opportunity for the AOSK-CCCK Program and the government officials to clearly in depth the nature and practicability

of care reforms and how the involvement of families and communities in care for the children can be realized. In Nambale constituency during the month of February 2023, the AOSK-CCCK Program together with Deputy County Commissioner (DCC); Area County Commissioner (ACC) 10 local Chiefs and 5 Assistant chiefs were able to conduct sensitization awareness forum in form of barazas targeting 918 community members in the different wards of Maira, Lwanyange, Sidende and Nambale Township wards on the importance of upholding positive parenting and care for children within families and communities. The sensitization forum created an opportunity for the community members in the said wards to deliberate on action points that will guide them in ensuring and enhancing child protection and safeguarding for children and their growth and upbringing within families and communities. AOSK-CCCK is calling upon and sending an invitation to all partners and stakeholders involved in care for children, to forge together their efforts in complementing the goal of, AOSK-CCCK on “Holistic family and community based care” to transform the childcare system from institutional-based care to family and community-based care. The synergies through close collaboration will make it possible for children in Kenya to enjoy their right to grow up in a family environment and receive appropriate care for wholesome growth and development.



Sr. Judith Auma, Isosf during a sensitization forum on positive parenting in Nambale Township ward

HEALTH ASSOCIATION OF SISTERHOODS OF KENYA(HASK)

What do you know about Burnouts?

Burnout is a Physical or mental collapse caused by overwork or stress. It is well defined as “a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed” (WHO). It is characterized by three dimensions: increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job; and reduced professional efficacy. Burnout is an occupational phenomena and not classified as a medical condition, but as a factor influencing health status. Different factors at work place contribute to burnout. Among them; Workload and perceived



Sr. Regina Nthenya, SSJ giving her talk during a field support visit at St. Mary's hospital in Nakuru during the NCD's Week

AOSK JUSTICE AND PEACE COMMISSION (AOSK-JPIC)

Human Rights and Gender

Many places in Kenya experience drought for a long period, extreme weather conditions and natural catastrophes due to scarcity of rainfall. One of the ways of improving these areas could be through tree planting. Trees help improve air circulation, prevent global warming, reduce soil erosion and boost soil fertility. They also act as significant water catchment areas since they hold more moisture, thus attracting rainfall. An increase in rainfall means an increase in water supply which supports plant and animal life. This eradicates food shortages and drought in such areas, improving people's lives. Trees also conserve soil. Many arid areas in the country can hardly practice farming and agriculture due to the infertile soils that stretch over large tracts of land. Soil infertility is mainly caused by the lack of vegetation cover, which leaves the land bare and more prone to soil erosion. In response to this, human rights teachers have

made effort with support from AOSK-JPIC to ensure that they plant trees to counter the climate change challenges. They have done this in schools and their communities at large.



Tr. Jackline Hadida planting trees in Hola Tana-River - Garissa

International Women's Day Celebrations

The United Nation theme this year for International Women's day was: *"Digital Innovation and Technology for gender equality"* as it has always been AOSK uses this international day to champion different issues affecting different communities where the event is held. One of the challenges Women continue to fight is retrogressive cultural practices. Women and Girls continue to bear the burden of early marriages and FGM, they suffer silently. The AOSK JPIC this year joined together in challenging the Isiolo community with the theme, *"Eradicate illiteracy through Innovation and technology to enhance Gender Equality for Vulnerable Groups"*. Illiteracy has been a challenge to many women who would want to develop themselves. The call this year was for us to join hands and break the retrogressive cultural practices and allow the girl child and women access to education and exploit their potential through technology to the full. To answer to this AOSK JPIC graduated 35 peacemakers, 28 among them from Isiolo, 6 from Malindi, and Sr. Hedwig Muse working at AOSK, they were sent to go out and be instruments of peace protecting and safeguarding the human dignity.



Peacemakers during mass in Isiolo Cathedral

AOSK SCORE ECD

Congregation Journey to sustainability through resource mobilization!!!! Story of the Little Sisters of St. Therese of the Child Jesus – Meru.

Holistic Organizational Capacity Assessment Instrument (HOCAI) is designed to assist organizations to conduct a self-analysis of their strengths and challenges, develop an action plan, and improve organizational functions through capacity strengthening. With HOCAI, CRS creates a standardized framework to help organizations engage

in a process of continuous assessment and improvement that will sustain organizational capacities. The Little sisters of St. Therese of the Child Jesus is among many congregations that have had the opportunity to interact with the HOCAI - to self-analyze themselves. After the assessment, several gaps were identified, and immediately the congregation embarked on address-

ing those gaps with support from CRS and AOSK, to position the organization for self-sustainability. After the congregation identified the weaknesses, the sisters set out to strengthen the sisters' capacity in human resources, finance management, networking, and resource mobilization. This was significant because, during the assessment, the sisters discovered most of their resources came from a single donor and wondered what would happen if the donor ceased to fund them. The sisters began the journey not only to train the

leadership of the congregation but also all the sisters. Since the congregation embraced HOCAI, the congregation has served as a peer mentor to other regions of the congregation all over the world and to other congregations implementing the SCORE ECD III project, as well as other non-SCORE ECD congregations. Congregations have taken among themselves exchange learning visits to the sisters to learn on way to sustainability.

AOSK CHEMCHEMI YA UZIMA INSTITUTE Intergrated Spiritual Counselling Enneagram Workshop

E enneagram is from the Greek word "ennea" meaning nine and "gramma" Enneagram means to write or draw. It is categorized into nine personality types and each type of number tells us that there are different ways of seeing the world depending on the nature and nurture of the individual. Students from ISC were so glad for the opportunity given to them of attending the workshop

on ENNEAGRAM which helped them to discover more about personality types. The knowledge they gathered will enable them to improve on how they relate to each other in their areas of Ministry. They learned that the enneagram is not for judging, stereotyping self or condemning others, because they are all in progress, none of the human beings is perfect. It was interesting for them to discover their

personality types, their behaviours and know how they relate with others. It was also interesting in a way that it made them encounter the one self, their unique motivations and the fears they portray. The Enneagram is a tool that can be learned and embraced by people from all walks of life because it can help more in impacting the performance and productivity of individuals in a given area.

ICAPAMI

On 18/03/2023 was a unique day for AOSK ICAPAMI whereby the department held an online workshop for all Pastoral Agents. The topic of the workshop was: the pastoral care of the youth with challenges of alcoholism and drug abuse. The main speaker, was Rev Dr. Joyzy Pius Egunjobi from diocese of Oyo, Nigeria. He lectures at Catholic University of Eastern Africa, Marists International University College, and Aosk Chemchemi Ya Uzima. The seminar was attended by more than 40 participants drawn from different parts of Kenya i.e, Nairobi, Nakuru, Meru and Mombasa. Below are some of the points that were highlighted during the workshop: The Church and other religions stand in the position to appropriately guide the youth from using drugs and

alcohol which have led many youths to behave in ungodly manners. The Church must lead by example. Rom 14:21 “It is better not to eat meat or drink wine or to do anything else that will cause your brother to fall”.

What Can the Church do?

The different studies have shown that there is great influence of religion on human behaviour. Studies also suggest a positive connection between active religious faith and various measures of psychological well-being including career satisfaction, the ability to cope, a sense of meaning and purpose in life and overall levels of happiness (Rollins, 2009). While respecting the professionalism in therapeutic activities, the Church as a religious institution needs to collaborate with the counselling profession, and incorporate it in her mission as liberator of men from the power of evil which is inherent in drug abuse. PREVENTION IS BETTER THAN CURE; PREVEN-

TION COSTS LESS THAN TREATMENT (Egunjobi, 2019). Catch them Young, Preaching and education on the use and effects of drugs and alcohol, Discourage the use of drugs in a Christian social gatherings/Creating alcohol and drugs free environment, Encourages youths to join pious/spiritual societies in the Church, Train Priests, Religious, and Lay faithful in Addiction studies: Inculcating drug education in the youth activities, Pastoral and spiritual concern for drug addicts, Establishment of Christian based rehabilitation centres, Understanding and Supportive attitude (Not abandonment or rejection), Attention to Family Life

AOSK INSURANCE AGENCY Work Injury Benefit Act (WIBA)

This policy covers the employees of the Insured whilst on duty and engaged in the execution of the Insured's business or any project undertaken by the Insured, against accidental bodily injury, disablement or death. Compensation is payable under the provisions of WIBA Act 2007. The maximum benefit is set at 96 months' salary.

Benefits;

Death – Compensation is equivalent to a maximum of 8 Years earnings or 96 Months earning.

Permanent Total Disability - Compensation is equivalent to a maximum of 8 Years earnings or 96 Months earning.

Temporary Total Disability - Compensation is equivalent to weekly earnings up to a maximum of 52 Weeks.

Medical Expense – The policy provides for a free cover limit up to Kshs. 100,00/- per employee. However, the insured may opt for an upper limit.

Funeral/Last expense cover - The policy provides for a free cover limit up to Kshs. 30,000/- per employee. However, the insured may opt for an upper limit.

SISTER LED YOUTH EMPOWERMENT INITIATIVE (AOSK-SLYI)

Awareness is Empowering

Awareness raising is a very powerful tool of empowerment because it educates people about issues that are either new or not very clear to them and encourages them to participate in bringing change. Social awareness is an important skill for young people as this will help them build positive relationships, make responsible decisions, and for their own emotional well-being. One of the components of the sister led-youth empowerment initiative is community outreach. The project supports 74 youth champions/TOTs to carry out awareness forums for their fellow peers in crisis within different communities. Young people are at the peak of their lives, are constructive in their thinking, and love to debate. They begin to formulate concepts of the meaning of life and question those things they don't know, like sex, drugs, careers, vocations, religions, etc. Youth is the future of society and they simply need to renew, refresh and maintain the current status of society. When the youth contributes their ideas and energy to resolve social issues, they become capable leaders and can also make a difference in the lives of others.

The AOSK-SLYI recognized that peer-to-peer awareness creation is important because; young people are more confident in their ability to identify another youth who is showing common signs of domestic abuse, drugs, and substance abuse, radicalization, unhealthy relationships, depression, among other vices, and are more likely to seek help and discuss these issues with their peers. AOSK-SLYI Youth champions have so far reached out to over 7,000 other young people and addressed issues of human trafficking, violence, and drugs and substance abuse. And the results have been tremendous; some youth who were abusing drugs recognized the effects the drugs were having in their lives and have gone for rehabilitation due to these forums, and some have opted to start small businesses rather than falling victim to human traffickers out of desperation, some who were having unhealthy relationships have changed while others are in better relationships with their parents, while more have promised to be their brother's keeper by spreading the information to their friends who were not able to attend the forums.



AOSK-SLYI youth champions awareness forum on domestic violence and abuse

A Big Thank you to our Partners for Partnering
with Us.

CONRAD N.



FOUNDATION



MISEREOR
IHR HILFSWERK



faith.
action.
results.

Association of Sisterhoods of Kenya.
P.o.Box 21068-00505, Nairobi Kenya
Telephone: 0721264450
Email: aosksec@aoskenya.org

*Compiled by Victor Emoja
Aosk Communication Officer*