

NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya.

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“Let us put a stop to this horror of torture. It is essential to put the dignity of the person above all else.”

Pope’s June prayer intention: for an abolition of torture



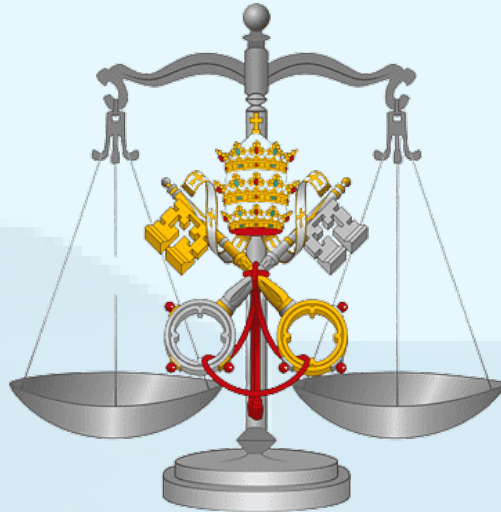
Pope Francis’ monthly prayer intention for June was for the abolition of torture in all of its forms throughout the world. The Pope made this appeal to eradicate the phenomenon in his Pope Video message, entrusted to the entire Catholic Church through the Pope’s Worldwide Prayer Network. The Holy Father decried torture as a scourge that is not just a thing of the past but is still present today. He pointed out our Lord Jesus Christ endured torture and many are still enduring such suffering to date. *“Let’s think of how Jesus Himself was tortured and crucified,”* he said.

“Let us put a stop to this horror of torture. It is essential to put the dignity of the person above all else.”

The Pope also insisted that the international community guarantee support to victims and their families.

THE CANONICAL ISSUES

Difference between Institutes of Pontifical and Diocesan Right



Canonical Issues

“Institute” comes from the Latin *in-sta-tuo, in-sta-tuere*, meaning “to place, establish, or institute.”

Etymologically, “institute” communicates the idea of an object’s stability and consistency. In the context of consecrated life, an institute is any group, community, or society of life consecrated by the profession of the evangelical counsels. Consequently, the word “institute” incorporates the connotation of “state.” A religious institute is a community whose members make public vows and live a fraternal life in common. The public witness which religion are to give to Christ and the Church involves that separation from the world which is proper to the character and purpose of each institute (Can. 607, ; 2-3). Those with ecclesial authority, particularly the Roman Pontiff and the College of bishops, have that competence through the functions or offices of teaching, sanctifying, and governing. Institutes of consecrated life have autonomy, but it is not absolute. Following their pontifical or diocesan right status, institutes of consecrated life are subject to ecclesiastical authority in internal matters of administration and discipline that transcend the competence of lawful authority within the institute (Can. 593, 594, 732). Institutes of pontifical right are those which have been established or sanctioned by the Apostolic See by a

written decree. In internal matters surpassing the scope of the institute’s authority, institutes of pontifical right are directly subject to the Apostolic See. The Dicastery for Institutes of Consecrated Life and Societies of Apostolic Life and the Dicastery for Evangelization of Peoples have authority over institutes of pontifical right (Praedicate Evangelium, Art. 55, 122-124). Institutes of diocesan rights are those erected by the diocesan bishop after obtaining authorization from the Holy See (Can. 589). The diocesan bishop of the institute’s principal See would be competent in internal governance and disciplinary matters beyond the competence of the institute’s legitimate superiors. In several matters, diocesan rights institutes remain under the diocesan bishop’s particular vigilance (Cann. 625, 2; 628, 2; 637, 4; 688, 2; 700). An institute of consecrated life enjoys a rightful autonomy of life, particularly governance. Ecclesiastical authority respects and maintains the autonomy granted to institutes to protect and develop their gifts, and would deal only with situations beyond internal authority’s competence. An example is the approval of changes in the fundamental code and serious issues, such as substantial alienations of temporal goods or definitive departure from the institute.

AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

The Day of the African Child

The Day of the African Child is celebrated annually on the 16th of June. Its aim is to commemorate the SOWETO children's uprising of 1976, during which thousands of South African students protested the apartheid government's use of Afrikaans as their language of instruction in Bantu schools. The uprising resulted in the deaths of hundreds of students and is considered a turning point in the struggle against apartheid. The Day of the African Child is an opportunity to celebrate the realization of the rights of the African child, in line with the African Charter on the Rights and Welfare of the Child. The purpose is also to raise awareness of the challenges that children face. One of the most pressing challenges facing African children today is a lack of access to digital technology. The rights include not only children's rights to protection from all forms of violence but also their rights to participation and expression of opinion. Without adequate safeguards, children will be at a greater risk of harm online. Children face the same dangers online as they do offline, and therefore they must be protected. The celebration of the International Day of the African Child serves several important purposes. Firstly, it raises awareness about the challenges faced by African children, including poverty, lack of education, child labor, and child marriage. It also encourages governments, organizations, and individuals to take action to protect and promote the rights of children across the continent. Moreover, the day provides an opportunity to celebrate the resilience, talents, and potential of African children, who are

the future leaders and change-makers of Africa. AOSK JPIC organized two forums of celebration in Kwale County at Lungalunga and Lodwar respectively. The Celebrations saw more than ten schools gather together to commemorate the Day of the African Child. They were sensitized on the history of DAC and the rationale of the celebration of the African Child AOSK JPIC collaborated with the respective County governments that greatly contributed to the success of the day. The International Day of the African Child 2023 serves as a reminder of the importance of education empowerment, and equal opportunities for African children. By celebrating this day, we acknowledge their rights, amplify their voices and commit ourselves to building a better future for all children in Africa



Pupils from Lunga Lunga Primary School singing a song to emphasize on the need for supporting and empowering the African Child.

Let us join hands and work towards ensuring that every African child has access to quality education and a brighter tomorrow.

RELIGIOUS AGAINST HUMAN TRAFFICKING

The Conrad Hilton Foundation visited Religious against Human Trafficking (RAHT Kenya) at the Savelberg Retreat Center in Nairobi on June 22, 2023. The purpose of the visit was to witness RAHT Kenya's impactful work and interact with survivors of human trafficking, marking a significant milestone in their partnership. During the visit, representatives from the Conrad Hilton Foundation engaged in meaningful conversations with survivors, gaining profound insights into their experiences and resilience. These interactions emphasized the urgency of combating human trafficking and the importance of supporting survivors on their journey to recovery. The visit included a comprehensive presentation highlighting the achievements of the RAHT Kenya program. The Conrad Hilton

Foundation expressed admiration for RAHT Kenya's dedication to raising awareness, providing survivor support, and advocating for policies to address the root causes of human trafficking. They recognized the organization's holistic approach, which encompasses prevention, survivor support, and community engagement. A key highlight of the visit was the promise of continued support from the Conrad Hilton Foundation. They pledged their commitment to furthering the impact of the RAHT Kenya program, discussing possibilities for collaboration and expansion. This includes developing new initiatives, strengthening survivor support services, and increasing outreach efforts.

The Conrad Hilton Foundation representatives expressed confidence in the RAHT Kenya team

and their ability to make a lasting difference. This visit solidified the strong partnership between RAHT Kenya and the Conrad Hilton Foundation, united in their shared goal of eradicating human trafficking and creating a world free from exploitation. In conclusion, the Conrad Hilton Foundation's visit to RAHT Kenya showcased the importance of supporting survivors and combating human trafficking. The interactions with survivors provided invaluable insights, reaffirming the urgent need to address this issue. With the continued support of the Conrad Hilton Foundation, RAHT Kenya will expand its reach, strengthen its programs, and provide enhanced support to survivors, working towards a future free from exploitation.



The Conrad Hilton foundation team pausing for a group photo with RAHT survivors

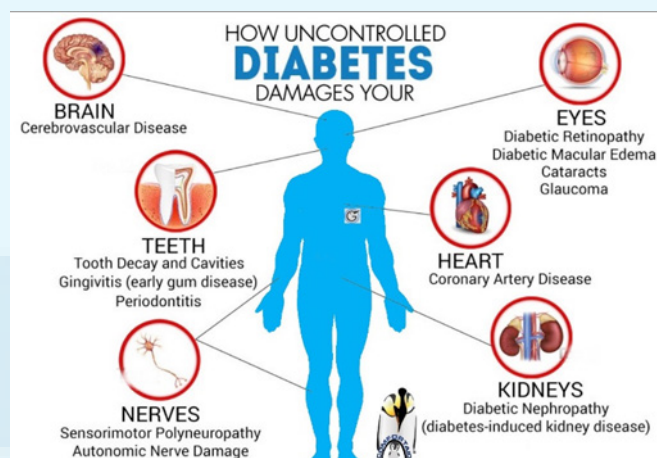
Diabetes Mellitus

Health Association of Sisterhoods of Kenya (HASK) is implementing outreaches to sensitize, screen, and treat Non-communicable diseases across the country. Among the priority NCDs is diabetes mellitus. Diabetes is a condition that causes high blood sugar levels. This condition occurs when the pancreas does not produce enough insulin, (Type 1), or the cells of the body do not respond properly to insulin causing type 2 diabetes. Diabetes can lead to many complications if not properly managed.

There are several types of Diabetes which include Type 1 diabetes, Type 2 diabetes, and Gestational diabetes. Type 1 diabetes is believed to be an autoimmune reaction where the body attacks itself by mistake. This reaction stops your body from making insulin. This type of diabetes is found in children and young people. Type 2 diabetes is typically due to lifestyle factors such as obesity, lack of exercise, and poor diet. In type 2 diabetes, the body becomes resistant to insulin or doesn't produce enough insulin. Lastly, Gestational diabetes occurs during pregnancy and usually goes away after the baby is born. However, women who have had gestational diabetes are at higher risk of developing type 2 diabetes later in life. Some common symptoms of diabetes include frequent urination, excessive thirst, increased hunger, unexplained weight loss, blurry vision, tingling or numbness in the hands or feet and slow wound healing.

If you experience any of the above symptoms, visiting your health facility will help you to know your status and get treatment early.

Complications



Long-term complications of diabetes mellitus

There are several ways of treating diabetes, the first and foremost treatment is prevention. Ensuring your blood sugar, blood pressure, and blood cholesterol are under control. Living an active life, having health checks, and reducing risk factors will facilitate health and wellness. Lifestyle modification is another tool. Eat healthily, stop smoking, stop alcohol consumption, improve your emotional life and you will keep diabetes far from you.

AOSK SISTERS LED YOUTH EMPOWERMENT INITIATIVE

World Environment Day

Environmental conservation is the practice of preserving the natural world to prevent it from collapsing as a result of human activities, such as unsustainable agriculture, deforestation, and burning fossil fuels. In his message, Pope Francis invites us to “heed our call to stand with the victims of environmental and climate injustice, and to put an end to the senseless war against creation.” World environmental day 2023 is a reminder that people’s actions against plastic pollution are getting worse and worse by the day. According to the United Nations, there are one million plastic bottles purchased every minute, and up to five trillion plastic bags are used worldwide every year. Most of the plastic bottles are only used once and then thrown away making the plastic waste more and more in our environment. According to the UNEP, we can reduce plastic waste by reusing, recycling, and diversifying the usage of alternatives. The Association of Sisterhoods of Kenya through the sisters-led youth empowerment

initiative joined UNEP in this initiative by commemorating world environment day in 18 dioceses. The activity included an awareness creation session conducted by Mr. Onzere the program manager of the Danish refugee council where the community was called upon to take action against plastic pollution by recycling, reusing, and reducing the use of plastics. He underscored the value of getting rid of plastic waste in the environment, saying they take “over 400 years, to decompose”.

One of the ways of reducing plastic pollution is by using the waste materials for agricultural purposes, Mr. Onzere further added, “Plastic containers can be used for planting trees.”

There is a need to “change our habits, lifestyle, and mindset” concerning environmental conservation. This was followed by a clean-up session in various areas and tree planting where over 2,000 trees were planted this day.



Photos taken during the AOSK-SLYI Environment day celebration

CATHOLIC CARE FOR CHILDREN IN KENYA

Residential care cannot replace families

Residential care was not part of God's plan for the children. Indeed family was God's plan for humanity. In Genesis, God created the man and woman and blessed them with children. Again the holy family, which is the model of our families encompassed Jesus, Mary, and Joseph. In God's design, each child has a mother and a father who are uniquely assigned to care for his/her well-being. In this respect, a healthy parent will love, nurture and protect his/her child. In African traditions, orphans and the needy were absorbed by their kinsmen. This over time is fading away. And instead, over the years residential care has been on the rise as it has been seen as an easy way to curb different children's vulnerabilities in society. However, people often ignore the fact that children do better in families compared to group care which is comprised of various challenges. Residential care challenges; over time research and experience have shown that there are several challenges with residential care. Firstly, meeting diverse needs. Most children who live in residential care, already have experienced a variety of vulnerabilities, such as separation from parents, illness, abuse, poverty, neglect, and many more all of which have left them hurting and wounded. Such cases could lead them to challenging behaviors. Other children in residential care are living with different impairments making them more vulnerable and needing more attention. Different situations make it very difficult to meet the needs of all at all times.

Secondly, keeping children safe; interacting with people working in care institutions leaves one with a lot of information. Since the majority have expressed their hesitation on moving the children from institutions to families as been surrounded by

questions such as "Will the kids be safe?" They fear that the children may be placed in abusive situations or they may not get enough protection. Yes! This fear is there. However, the biggest question is are the children safe in the institutions. Just as there are instances of maltreatment in families, its worse in the institutions whereby it could be perpetrated by the staff, volunteers, or even other children in the institutions.

Thirdly, building healthy relationships. When a parent constantly meets a child's needs, gradually an emotional bond or attachment is formed. Children in institutional care will always keep yearning for this attachment. No wonder they will tend to seek attention from any visitor who comes to the institution as they have realized those within are not giving enough of it. This becomes a way of compensating for that lost attachment. If this is not properly negotiated, it could lead to maladaptive behaviors. A healthy relationship will determine a child's level of trust even as an adult. If it wasn't acquired right from childhood it could affect his/her relationship with future spouse, children, friends, and even employers.

These are just but a few challenges with residential care. With strong conviction, AOSK-CCCK is tirelessly working in collaboration with like-minded organizations and the government to ensure that there is a smooth transition to family. The Children Act 2022 emphasizes care reforms and reintegration. AOSK-CCCK therefore, envisions continuous mobilization to the 145 charitable care institutions in Kenya and the whole population to embrace the new shift to a family or family-like environment and advocate for a family for every child.

AOSK SCORE ECD

Learning on Partnership and Collaboration

The SCORE ECD project seeks to strengthen the capacity of religious women in Early Childhood with the main goal of ensuring that children receive quality care by building the capacity of sisters to Deliver nurturing care and family-strengthening services to children aged 0-3, secondly, AOSK SCORE ECD empower the caregivers of these children to provide nurturing care to their children. Finally, SCORE ECD ensures organizational capacity strengthening for the association and congregations. One way to ensure strengthened organizational capacity is through networking and collaboration for quality programs. In June 2023, AOSK – SCORE ECD III in the spirit partnership, the project staff and sisters master trainers (Franciscan Missionaries of St. Joseph and Franciscan Sisters of St. Anna) carried out a community engagement meeting with key stakeholders who included, representation of the County Ministry of Health (MOH), the areas chief, sub-chief, village elders, nyumba kumi, community health assistant (CHA), community representatives, youth representatives, and church representatives in the counties of Kisumu and Siaya. The meeting was a participatory discussion to communicate to all partners/stakeholders the interventions that the projects intend to carry out in the target new areas. The discussion revolved around, the SCORE ECD goal and objectives, the innervations the project intends to deliver, the criteria of recruitment of the beneficiaries, the support/role of each stakeholder in the project, and the key outcomes that are expected from the innervations and the overall project implementation.

The meeting aimed at building/ consolidating a good working/collaborating relationship for all stakeholders who will be involved in the project and consolidating a common 'level playing field' collegial working relationship for the long-term sustainability of the project. The meeting is also, geared at enabling effective community participation and empowerment.



Sr Mary Jane (FSSA) engaging stakeholders in Siaya

AOSK INSURANCE AGENCY

Claims process (Motor Vehicle)

Call AOSK Insurance Agency whether an accident is considered a minor or a major collision, calling the police is important and advisable, it's legally required. The responding officers will fill out an accident report and document the scene. If the police can't come to the scene of the accident, you can go to the nearest police station. When you file a claim with your insurer, they may ask for a copy of the police report to help with the claims process. After filing an insurance claim (fill a claim form), the loss adjuster reviewing your claim will determine who's at fault based on an inspection of the vehicles/property damaged, information provided by you and the other parties involved in the accident, and any supporting documentation, like the police report or photographs from the scene. Document the accident in order to help protect yourself by identifying officers, getting a copy of the accident report (Police Abstract) and take photos of the accident scene if possible to support your claim.

Notify your insurer and start the claims process If your vehicle is damaged, your insurer can arrange it to be towed directly to a garage. An accident can leave even the most seasoned driver frazzled, but following these steps may help protect you from unnecessary worries. That way, you can focus on working with your insurance company to get your vehicle repaired as smoothly and as quickly as possible. A loss adjuster to inspect your vehicle for the damage to help determine fault in the accident and repair costs. Depending on your coverage, you may be reimbursed for the repairs or for your vehicle's actual cash value if it's totaled.

AOSK CHEMCHEMI YA UZIMA INSTITUTE

Formation Department

A day of one on one with God

A monthly Day of Recollection is a time set aside specifically for a religious consecrated to go deeper into his or her relationship with God. On 23rd June 2023 our temporary professed sisters and brothers preparing for their perpetual vows at AOSK Chemchemi ya Uzima College, together with some members of staff had their day of recollection guided by Fr. Victor Mwansa, a Marian Hill priest. The day began at 9: 00 a.m. and had two input sessions, followed by confessions in the afternoon that culminated with the celebration of the Eucharist at 4: 00 p.m. In this recollection, sisters reflected and prayed in a more intimate way upon the religious calling to holiness based on the theme: "ENCOUNTERING CHRIST IN MY HOME, LK 10: 38-42" in the first session; and "VALUES FOR LIFE AS A RELIGIOUS PERSON" in the second session. The facilitator underscored that, the Lord is looking for us each and every time of our lives. He comes to visit us in so many ways, and sometimes we miss him due to various reasons. He is on his way to meet us, to look for us so that, we can be in union and friendship with him. In addition to the Gospel values, he noted that religious people need to cultivate some of the values for our life to support our religious calling. The values for life will help us remain steadfast, good role models, and committed to our calling and thus live lives

that are accepted universally. He further said that religious values and values for life complement each other through the religious values are superior. The day was marked by the following crucial points of reflection:

- As I look into my life, can I name some of the barriers that make me not encounter the Lord in a deeper way?
- How is my prayer life today?
- How is my management of time? Am I busy most of the time with other things, and I have little time with the lord?
- What is my attitude to work? Does it occupy a lot of space in my life, such that my work, or apostolate comes before the Lord?

Every relationship needs time together to grow and deepen. A religious' relationship with God is no different. We need to spend time with God to know Him better, to hear His heart, and to foster intimacy with him. "Quiet time" is needed to be spent in this relationship-building that is, one-on-one with God in prayer. All we need is to sit at the feet of Jesus and LISTEN to him. Most of us want – even long – to foster this relationship, but sometimes we aren't sure how to make it happen. Today's busy lifestyle makes regular time with God challenging, but it can be done with planning and commitment. A recollection Day is a help in making quiet time with God a reality. God wants us to spend quality time with Him. God desires that we dedicate at least part of our quality time with Him; one-on-one; just you and God alone. How often do you spend time with God? If we love someone, whether it's your child, girlfriend/boyfriend, or husband/wife, we always want to spend time with them. So the more we love someone, the more we desire to fellowship with them. Jesus in His busy schedule often withdrew from people so that He could spend some one-on-one quiet time with the Father, praying and in fellowship with Him. How much more then, should we emulate Him?



A BIG THANK YOU TO OUR PARTNERS FOR PARTNERING WITH US.

CONRAD N.



FOUNDATION



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