

August 2023

NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya.

What is inside this Issue:

- >Pope Francis Prayer intentions for August 2023.
- >Canonical Issues
- >The Justice, Peace and Integrity of Creation department
- >The Health Association of Sisterhoods of Kenya (HASK).
- >The Catholic Care for Children in Kenya (AOSK-CCCK)
- > Sister Led Youth Empowerment Initiative (AOSK-SLYI)
- >AOSK SCORE ECD.
- >AOSK Insurance Agency.
- >AOSK Chemchemi ya Uzima Institute .Formation Department

Pope's August 2023 Prayer intention: For World Youth Day in Lisbon.



Pope Francis released his prayer intention for the month of August which was dedicated to World Youth Day in Lisbon, Portugal, and invited young people to set aside fear and embark on a joyful journey to bear witness to Christ in our world. Through the Pope's video, He emphasized his invitation to young people to quickly take the path of bearing joyful witness to the Gospel. The video began with Pope Francis reassuring young people of their importance to the Church, noting that the Church needs young people in order to survive.

Pope Francis responded to several young people from different continents who posed questions in various languages, including youth from the Philippines, Brazil, and the Ivory Coast.

Some asked whether the Church is just for the elderly; why he chose Mary as the theme for World Youth Day; and, what is the Pope's own hope for that international meeting of young people in Portugal.

Pope Francis explained that Mary's attitude is a lesson for all her peers.

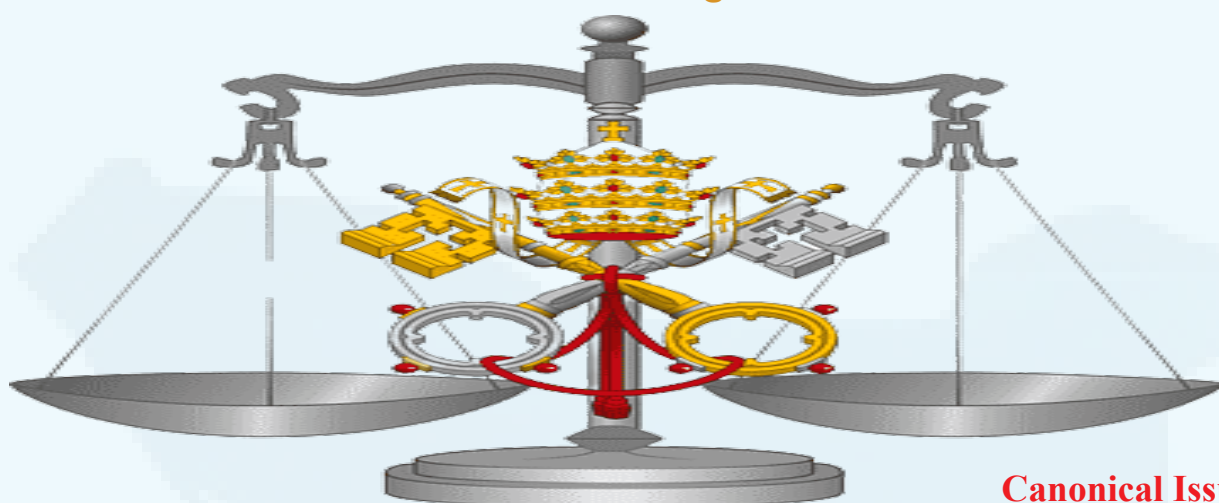
"As soon as Mary knew she was going to be the Mother of God, she didn't stay there taking a selfie or showing off ... The first thing she did was to set out on a journey, in haste, to serve, to help."

Later, the Holy Father shared his desire to plant "a seed for the world's future."

He also prayed for a world that puts love at the center, especially at a time when "we are at war," as well as joy, "because if we Christians have no joy, we are not credible, no one will believe us."

THE CANONICAL ISSUES

Approval of Changes in the Constitution of a Religious Institute of a Diocesan Right



Canonical Issues

Constitution is a Code of fundamental principles, which governs the Church or an Institute of Consecrated Life, or of a Society of Apostolic Life (Cann. 587; 578; 595, § 2; 598; 596; 625; 631; 662; 732; 734).

Reviewing and recommending for approval the constitutions of a religious institute of diocesan right is an extremely important and delicate matter both for the particular Church and the diocesan right institute. This is because the constitutions protect the patrimony and identity of the institute, describe its nature, purpose, spirit, and character as well as its sound traditions. The document contains fundamental norms on governance, discipline of members, incorporation and formation, and the object of the sacred bonds (Cann. 578, 587). The constitution serves as a practical instrument that exhorts members to fidelity and instructs those unfamiliar with the institute.

An institute of diocesan rights enjoys a relationship with the diocesan Bishop of its principal seat (generalate) which is parallel to that of the relationship of an institute of pontifical rights with the Apostolic See. The diocesan Bishop approves the constitutions of the institute of diocesan rights once he receives the nihil obstat for its erection from the Apostolic See. He also approves any modifications in this fundamental code recommended by a two-thirds vote of the general chapter of the institute. Since all of the members profess to live their lives in accord with the law of the institute (Can. 654). The exception here would be in any matter in which the Apostolic See has intervened. It would seem that the entire membership should have been consulted through a referendum prior to the convocation of the general chapter (Can. 115, §2. 119 3°). Only the changes submitted by the chapter need to be presented to the diocesan Bishop since the rest of the constitutions have already been approved.

The diocesan Bishop of the principal seat of the institute addresses issues of greater importance affecting the entire institute which exceed the power of its competent authority, after consulting with the other diocesan Bishops where the institute has spread. This latter provision respects both the universal character of the institute and the importance of consultation with the Bishops in dioceses where the religious give witness and serve.

JUSTICE, PEACE AND INTEGRITY OF CREATION DEPARTMENT

WOMEN AND LAND RIGHTS

Property ownership according to the Catholic Social Teaching, “is required as an aspect of the principles of human dignity, autonomy, and freedom,” the Coordinator for the Department of Promoting Integral Human Development (PIHD) at the Association of Member Episcopal Conferences in Eastern Africa (AMECEA) Fr. Paul shared with participants at a workshop in Kampala, Uganda advocating for women’s land and gender rights in the society. The workshop themed ‘Learning and Consultative Workshop for Catholic Actors in East Africa to Support Advocacy for Women’s Land Rights’ comprised of participants from across the continent, The actors came together to reflect on the strategies which are inclusive to women in land ownership. Women in most communities in Kenya work tirelessly on the Land to feed their families and in the pastoralist communities to feed the domestic animals which at times are more valuable than them. Even though the constitution of Kenya gives them the right to own land there is still a long way to go before this reality comes true. According to Fr. Paul, gender-based discrimination especially against women and girls which is deeply rooted in the fabric of societies, is prohibited under almost ev-

ery human rights treaty, and “Despite much progress made in securing women’s rights globally, millions of women and girls continue to experience discrimination and violence, being denied of their equality, dignity and autonomy, and even a life.” The Association of Sisterhoods of Kenya is at the forefront in amplifying the voices of women through the gender desk in finding their space in society and hence have the power to contribute towards their livelihood. The Sustainable Development Goal (SDG) number 5 on gender equality, is a call for all to respect and accord both men and women their rights.

The right to property is a constitutional/ fundamental right provided under Article 40 of the Constitution of Kenya. Article 65 (1) directs that a person who is not a citizen may hold land on the basis of leasehold tenure only, and any such lease, however granted, shall not exceed ninety-nine years. Article 60 (1) Land in Kenya shall be held, used, and managed in a manner that is equitable, efficient, productive, and sustainable. Hence, the elimination of gender discrimination in law, customs, and practices related to land and property in land so that men and women are legally free to own land.



Representatives from the African continent during the meeting in Kampala.

Commemoration of Fr. Kaiser a champion of justice and peace

The theme of the commemoration was “Let Justice be our shelter and defender.” In his speech, Bishop John Oballa the Chairman Catholic Justice and Peace and Department at Kenya Conference of Catholic Bishops pointed out that; on 24th August 2000, the champion of social justice, a brave man who never shied away from confronting institutions and personalities bent on oppressing and denying the less fortunate and underprivileged members of society their dignity and human rights, was found abandoned with a bullet wound at the back of his head. Further, he said that as we mark Fr. Kaiser’s 23rd memorial anniversary, we remember a lengthy list of brave Kenyans who spent their lives fighting for justice, and respect of the rights of poor and underprivileged Kenyans hence brutally killed for their convictions.

As a democracy, we pride ourselves as champions of

the rule of law and respect for human rights as enshrined in the Constitution. As we celebrate the 23rd anniversary of the 2010 Constitution on Sunday 27th August 2023, we register our concern about the lack of Constitutionalism despite having a progressive Constitution. Incidences of extra-judicial killing of citizens and detention of human rights crusaders against the constitutional requirement are still rampant in Kenya. Chapter Six on Leadership and Integrity remains unimplemented. The powerful continue to amass wealth at the expense of the poor who can barely provide for their basic needs due to the high cost of living and punitive taxation.

He concluded that in memory of Fr. Kaiser and all those who died fighting for the rights of the poor and underprivileged in society, we call for respect of the rule of law in line with the Constitution.

PAX CHRISTI INTERNATIONAL

Active nonviolence is a way of life, a positive and powerful force for social change. It is a means of building a global community committed to the well-being of all. It is a virtue that recognizes the truth of our equal dignity and ultimate unity. It is a process for ending violence without violence or lethal force; for transforming conflict; and for protecting the vulnerable. Active nonviolence is a stand for justice and a method for helping to create it. It pursues this goal, not with passivity or violence, but with creative engagement and determined resistance. Mobilizing courageous and creative people-power, nonviolence does not escape conflict but actively and powerfully engages and transforms it. People throughout the world have used active nonviolence to end injustice and foster reconciliation, to resist war and build peace, to safeguard the infinite worth of the human person, and to care for creation.

The main objective of the Pax Christi Programme is to train Sisters and Youth in active non-violence, peace-building, non-violent communication and trauma healing providing them with the tools and skills necessary to become trainers themselves in their own local communities reaching out to youth and members of religious communities, empowering them to be artisans of peace and accompany victims of violence. The sisters and the young people trained in active non-violence are imbued with positive values as agents of change in their communities and significantly contribute to the restoration of a culture of peace, reconciliation, and tolerance, and to the improvement of the living conditions of their communities.



Pax Christi in collaboration with AOSK had a regional evaluation in Nairobi to assess the impact of the project in Kenya, Congo, and South Sudan. Overall, the Sisters trained as trainers made a remarkable impact in enhancing peace, active non-violence, and conflict resolution mechanisms.



Representatives of Sisters from Congo, South Sudan and Kenya during the evaluation meeting at Mary Ward- Nairobi.

THE HEALTH ASSOCIATION OF SISTERHOODS OF KENYA

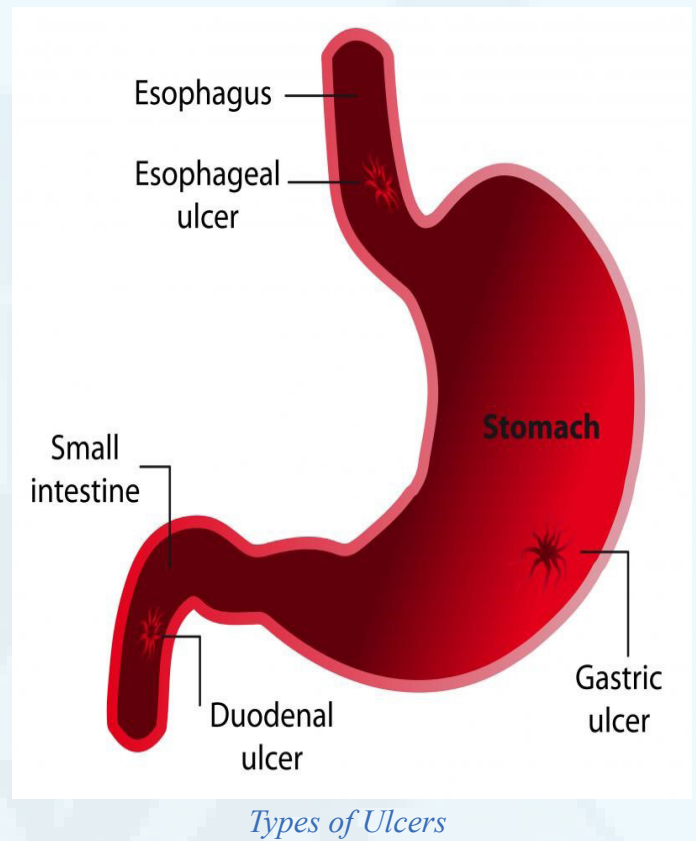
PEPTIC ULCERS

Peptic ulcers (PUD) are open sores, that develop on the inside lining of the stomach and the upper portion of the small intestine. It can also be described as a sore that forms when digestive juices wear away the lining of the digestive system, it can occur in the lining of the stomach, duodenum, or lower part of the oesophagus. Therefore, there are two types of peptic ulcers, namely Gastric ulcers in the stomach and duodenal ulcers in the duodenum. It affects 4 million people worldwide annually with a prevalence of 5-10 % in the general population. Peptic ulcers are caused by a number of factors which include:

- **Bacterial infection** - Bacteria known as *Helicobacter pylori* (Pylori) affects the mucus that protects the stomach and the small intestine, thus allowing stomach acid to damage the lining.
- **Pain relievers** known as non-steroidal anti-inflammatory drugs (NSAIDs) such as Aspirin and Ibuprofen which lowers the stomach's ability to make a protective layer of the mucus, thus making it susceptible to damage by stomach acid. These drugs can also affect the blood flow to the stomach, reducing the body's ability to repair cells.
- **Genetics** –family history
- **Smoking**- smoke increases the risk factor of developing peptic ulcers.
- **Alcohol consumption**-alcohol irritates and erodes the mucus lining of the stomach and the amount of acid production increases.

•**Stress**- causes the cortisol to rise which in turn leads to an increase in gastric acid secretion.

Signs and symptoms of peptic ulcers include burning pains in the stomach, vomiting, and nausea which at times can be severe and persistent, vomitus can be bloody, bloating or fullness, black sticky stool, and heartburns. Peptic ulcers can be managed in a number of ways which include, Avoiding NSAIDs, spicy and acidic foods, considering a diet rich in high- high-fiber and high Vitamin A for instance oats, apples, and sweet potatoes, Avoidance of stress and stress management, Moderation in alcohol consumption and quitting smoking and Completion of the antibiotic prescribed and administered (H .Pylori kit).



THE CATHOLIC CARE OF CHILDREN IN KENYA

Child participation through the use of musical festivals and sports activity

Children have the right to participate in matters affecting their lives and should be enabled to give their opinions and to have those opinions taken into account. Through participation, children learn self-expression, empowerment, and ultimately greater self-esteem. Children are a diverse group and therefore children of different ages, abilities, backgrounds, races, and both genders should ideally be included in a consultation process.

The views or wishes of children should never be assumed or overlooked, and such a process will ultimately help to formulate interventions that are more responsive. Whether investigating abuse, assessing a child's needs, undertaking permanency planning, or evaluating standards of care, children's opinions must form an integral part of the decision-making process.

Cognizant of the importance of children's participation and the benefits associated with the process; AOSK-CCCK has been on the front line in providing a conducive environment that fosters the process of children expressing their needs through participation in games and sports through events such as drama; songs and musical festivals. During the Month of August 2023, a total of 2,439 participants (265 adults and 2,174 children) participated in sports events and musical festival events that were themed "Importance of family in growth and development of children" There was also input on reemphasizing reintegration, care reforms, children rights and responsibilities.



Children from Familia Ya Ufariji Children Home narrating poems

The activity provided the children from 16 CCIs and a few PMCs who participated with an opportunity to express their views and desires through sports and musical festivals on their views towards the importance of family in the growth and development of children.

The process of encouraging participation requires skill in communicating with children. Children should not be told what to say, intimidated, or judged. An environment of safety and respect is necessary to help the child feel comfortable to express her opinions, and therefore care should be taken regarding who else is present, the physical environment, and the way information is sought.

Children should be given a choice regarding participation, and where possible, parents and caretakers should be fully aware of the consultation process. Confidentiality of information is paramount and children should not be put in danger as a result of expressing their views. It is the responsibility of all professionals involved in the care of children to ensure that the process of participation is safe and that children will have support available where follow-up is necessary.

THE SISTER LED YOUTH EMPOWERMENT INITIATIVE

Awareness Creation on Contemporary Issues Affecting the Youth.

Public awareness is important to increase enthusiasm and support, especially for contemporary issues that affect the youth in society. Awareness creation stimulates self-mobilisation and action. Awareness can be created in different ways such as; wearing clothing and accessories such as t-shirts, caps, and rubber or silicone wristbands, with a topic of the issue we are creating awareness on e.g.; ‘drug kills,’ ‘stop human trafficking’ among others, Volunteering and Participating in awareness workshops or seminars, talking About an issue Online, doing Research on an issue and providing the findings for organizations to use in the awareness forums, or mobilizing local knowledge and resources. Awareness is a complex human, attribute that has at least three components: attitude, knowledge, and automatic behavior.

The Association of Sisterhoods of Kenya through the sister-led youth empowerment initiative created awareness among thousands of youth in 36 parishes in Kenya on topics that revolve around; drugs and substance abuse, sexuality, mental wellness, healthy relationships, human trafficking, etc. Through these forums, the youth receive more information on different issues in contemporary society, and by weighing the cons and pros they are in a better position to make better decisions that will have a positive impact on their lives. Through these forums, the AOSK-SLYI also realized that they can do the same for the youth who are in various refugee camps and use the youth champions to provide peer-to-peer awareness creation to their peers in the refugee camps and give them hope for a better tomorrow.



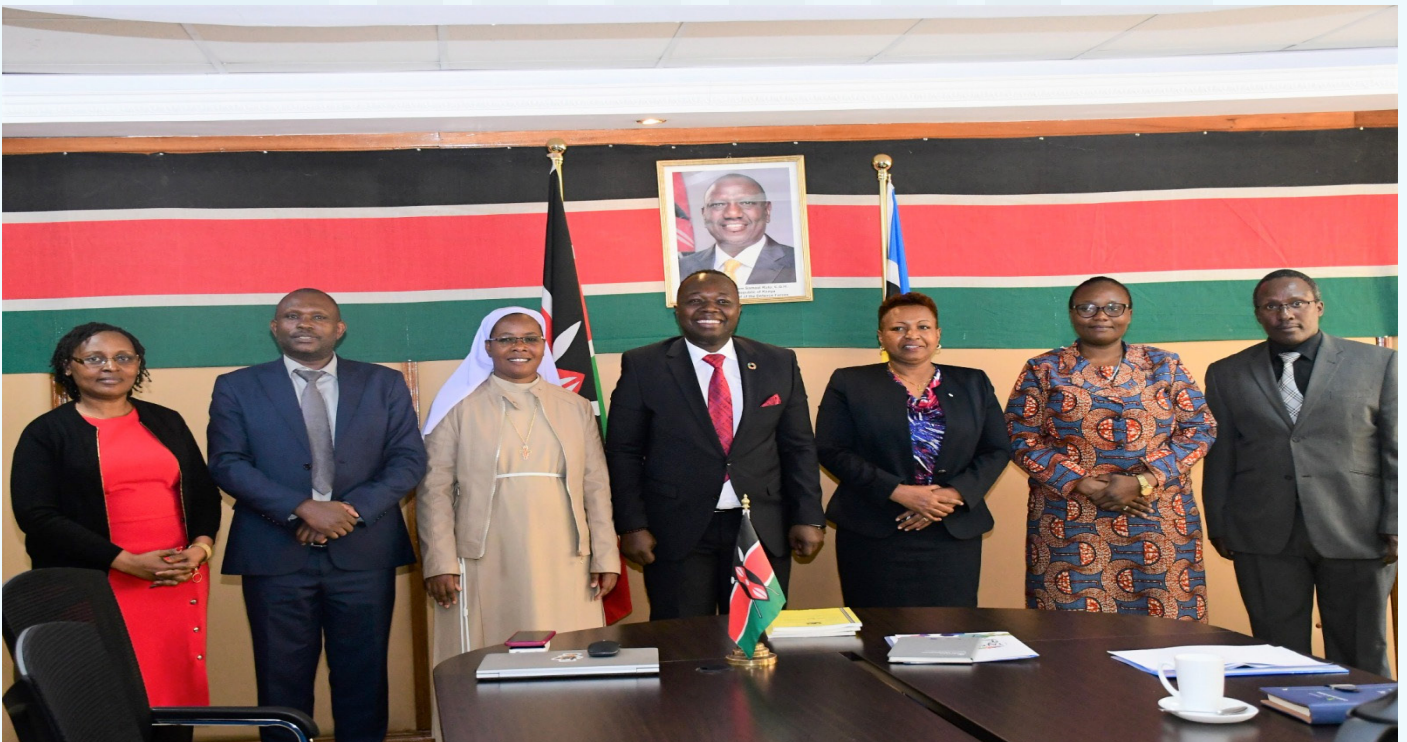
Youths at karundas catholic polytechnic listening attentively during the workshop on drugs and substance abuse awareness creation workshop

Collaboration and Partnership

Collaborative partnerships are agreements and actions made by consenting organizations to share resources to accomplish a mutual goal. Collaborative partnerships rely on participation by at least two parties who agree to share resources, such as finances, knowledge, and people. The partnership is mutually beneficial and reciprocal, agrees upon mission, values, and goals that serve a specific purpose, and may take on new goals over time. The relationship between partners is characterized by mutual trust, respect, authenticity, and commitment. The essence of a collaborative partnership is for all parties to mutually benefit from working together. There are instances where collaborative partnerships develop between those in different fields to supplement one another's expertise. The Kenya national youth policy visualizes a society where youth have an equal opportunity as other citizens to realize their fullest potential, productively participating in

economic, social, political, cultural, and religious life without fear or favour.

The Association of Sisterhoods of Kenya does not work as solos, and it is on this note that the AOSK-SLYI is in partnership with the Ministry of Youth Affairs Sports and the Arts, specifically the State Department for Youth Affairs and the Arts for the realization of the vision for youth empowerment. Since the Association of Sisterhoods of Kenya complements the government mandate for youth empowerment, the AOSK-SLYI paid a courtesy visit to the state Department of Youth Affairs and the Arts and held a meeting with different directors of various directorates under the state department and identified areas of collaboration on their journey towards youth empowerment guided by the goal of both institutions which is empowering the Kenyan youth for a better life and contributing positively to the economy of Kenya as a whole.



AOSK team together with directors of different directorates at the state Department of youth affairs and the Arts.

AOSK SCORE ECD

World breastfeeding week! (WBW)

SCORE ECD III master trainers, Sr Faith Mwongali and Dancan Okello – Franciscan Missionaries of St. Joseph were not left behind during this year’s events to commemorate the World Breastfeeding Week (WBW). The theme for this year was *“Enabling breastfeeding, making a difference for working parents”*. , To mark the Global Breastfeeding Week, the master trainers organized activities that carried key educative messages in the form of dramas/role plays, kits, and songs on why breastfeeding is important, the importance of breastmilk, and how breastfeeding benefits the baby, and the mother. This event was conducted in Manyatta Kisumu East sub-county.

World Breastfeeding Week is a global celebration that occurs every year from the 1st to the 7th of August. It commemorates the Innocenti Declaration signed in August 1990, by government policymakers, WHO, UNICEF, and other organizations, to protect, promote and support breastfeeding. The overarching goal of the week is to highlight the importance of breastfeeding, to encourage and promote breastfeeding, and to improve the health of babies and mothers all around the globe. World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to the health and welfare of babies and benefits to maternal health, focusing on good nutrition, poverty reduction, and food security. World Breastfeeding Week has the dual goal of improving the health of babies and promoting, protecting, and supporting the rights of women to breastfeed anywhere and at any time. Breastfeeding promotes better health for mothers and children alike.’



Breastfeeding Week aims at a number of objectives which entail:

- To support mothers through peer groups to promote, establish, and carry on breastfeeding by informing families of the benefits of Peer Counselling.
- To educate and train health care practitioners to provide support to mothers and babies in effective ways.
- Call governments to action to recognize the importance of the protection and promotion of breastfeeding and provide legislation to support breastfeeding mothers.
- To deepen knowledge within the community to enhance, promote, and protect breastfeeding

AOSK INSURANCE AGENCY

Unit Trusts

Unit trusts, commonly referred to as a mutual fund or a collective investment are professionally managed investment funds where an investor's contribution are pooled together to buy financial securities, such as bonds, shares or equities, bank deposits, and so forth. The Capital Markets Authority in Kenya (CMA) is the body that regulates unit trust funds.

Some of the benefits of unit trusts is; increased diversification which decreases risk as a fund normally holds much financial security. Unit holders are able to buy and sell units on a daily basis thus there is daily liquidity. There is professional portfolio management of investment funds. There is accessibility to participate in large investments that may be difficult to participate directly for individual investors in foreign markets. There is regulatory oversight by the Capital Markets Authority and there is ease of comparison since mu-

tual funds report the same information to investors. There are several products in the collective investment scheme such as; the Money Market Fund which invests in cash and near-cash instruments with an objective of capital preservation. Wealth Fund which is a low to moderate-risk fund that invests in diversified near cash holdings, fixed deposits, and high-yielding interest-bearing instruments within the Kenyan Market. A Dollar Fund which invests in the US dollar currency and is a low to moderate-risk investment with a focus on cash, near cash, fixed deposits, and deposits. A fixed-income fund is a long-term fixed income instrument while a Balanced Fund is a long-term capital growth fund that has a balanced portfolio in Equities and Fixed Income instruments, An Equity Fund is a long-term capital growth investment in equities at the Nairobi Securities Exchange (NSE).

AOSK CHEMCHEMI YA UZIMA INSTITUTE

Formation Department

As from 7th August 2023 At AOSK Chemchemi ya Uzima Institute, we thank God for blessing us with a wonderful team of new Formators to be! Through orientation, the new group of formators to be became acclimatized to their department, fellow Institution mates, Institution staff and workers and to the institution rules and regulations. An effective orientation program provides numerous benefits, not just for the diverse students but also to the institution as a whole.

The integration process has so far enabled the new members to feel comfortable, secure and at home, learnt the philosophy of Chemchemi that is, the structure and the attitude of the workforce, has enabled the new members to start bonding and forming meaningful relationships with each other, the staff and employees. We wish the formators a safe journey in the formation program at Chemchemi



Integration Process

According to APOSTOLIC LETTER PATRIS CORDE, “*A formator is essentially a brother or a sister or a priest to whom the Order or the Bishop entrusts the task to accompany others in their vocational journey and to assist them in discerning the will of God and answering to the call with freedom and commitment.*” May Saint Joseph who loved Jesus “with a father’s heart” and accompanied him in his growth to maturity enlighten our formators as we prepare them for task in this service.

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

CONRAD N.



FOUNDATION



Association of Sisterhoods of Kenya.
P.o.Box 21068-00505, Nairobi Kenya
Telephone: 0708663399
Email: aosksec@aoskenya.org