

September 2023

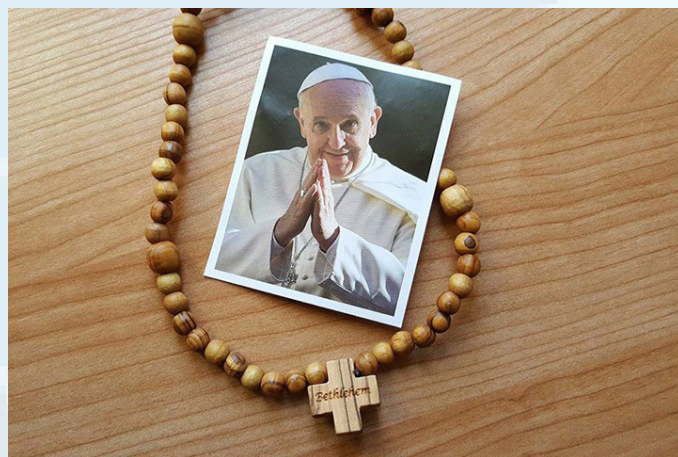
NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya.

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Pope's September prayer intention: 'For people living on the margins



From the Pope's Release for the September Prayer Intention, He invited everyone to pray and assist people who live on the margins of society.

"Let us pray for those people on the margins of society in subhuman living conditions, that they may not be neglected by institutions and never be cast out."

'Stiff necks, indifferent hearts'

In his video, Pope reflected on the indifference endured by many people who are marginalized.

"A homeless person who dies on the street will never appear among the top stories of search engines or newscasts," he lamented, wondering how our societies could have reached such a level of indifference.

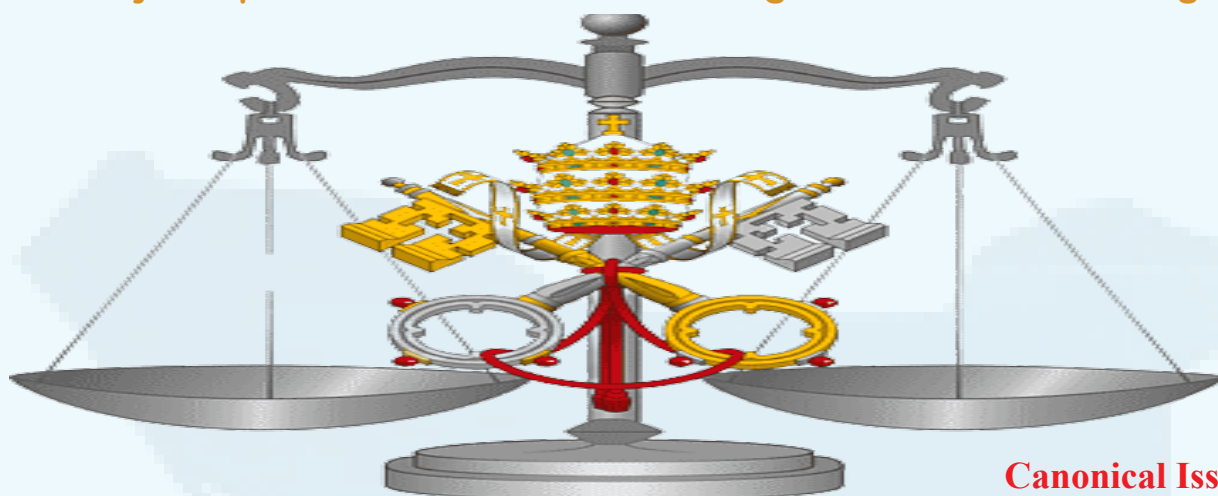
Pope Francis attributed this indifference to a "throw-away culture in which millions of men and women are worth nothing compared to economic goods".

He said our "necks are going to get stiff from looking the other way so we don't have to see this situation."

"Let us pray for those people on the margins of society in subhuman living conditions, that they may not be neglected by institutions and never be cast out."

THE CANONICAL ISSUES

Authority of the Diocesan Bishop over any Institute of Consecrated Life or Society of Apostolic Life of a Diocesan Right or of a Pontifical Right



Canonical Issues

A diocesan Bishop of the particular Church or diocese promotes, coordinates, and exercises due vigilance over all pastoral activities in his diocese. Therefore, in matters concerning the care of souls, the public exercise of divine worship and other works of the apostolate, religious are subject to the authority of the Bishops, whom they are bound to treat with sincere obedience and reverence” (Can. 678, § 1). Under apostolate comes also the apostolate of the means of social communication and writings (Can. 823, § 1). Canon 681, § 1) says that; “works which the diocesan Bishop entrusts to religious are under the authority and direction of the Bishop.” The Bishop, however, should not fail to insist that the religious remain faithful to the discipline of the institute (Can. 678, § 2). The Bishop and the religious Superior must proceed by way of mutual consultation (Can. 678, § 3).

A house of a religious institute is established with the prior written consent of the diocesan Bishop” (Can. 609, § 1). However, Can. 611, 1° 2° 3° says; “the consent of the diocesan Bishop for the establishment of a religious house carries with it the right to lead a life according to the character and purposes proper to the institute, to engage in the works which are proper to the institute, in accordance with the law, and subject to any conditions attached to the consent, for clerical religious institutes to have a Church, and to conduct the sacred ministries, with due observance of the law.”

When a religious institute intends to build the Church in a specific and determined place, an institute must obtain the diocesan Bishop’s permission unless the place is already determined when the Bishop granted permission to establish a religious house. Canon 1215, § 3 declares that; “even though they have received the diocesan Bishop’s consent to establish a new house in a diocese or city, religious institutes must obtain the same Bishop’s permission before they may build a Church in a specific and determined place.”

The diocesan Bishop may attach certain conditions to his consent for the establishment of a religious house so that he may provide for the needs of his diocese in a fair and equitable manner and avoid harmful competition and rivalry among religious institutes or between them and the diocesan priests.

Written by Sr. Eutropia Mwakamba

JUSTICE, PEACE AND INTEGRITY OF CREATION DEPARTMENT

Africa Climate Summit & Laudato si

The Africa Climate Summit took place from 4th September to 6th September 2023 in Nairobi, Kenya. The Africa leaders in one voice called on the developed countries to *reduce carbon emissions, called for investment to promote the sustainable use of Africa's natural assets for the continent's transition to low carbon development and contribution to global decarbonization*. Most countries in Africa are experiencing climate change in a very hard way, Long-lasting droughts, destructive floods, wildfires, and forest fires, which among other risks result in enormous humanitarian crises with negative effects on economies, health, education, peace, and security.

Underlining that Africa is not historically responsible for global warming, the leaders emphasized that the continent possesses the potential and the ambition to be a vital component of the global solution to climate change

The voice of the African leaders resonates very well with the encyclical of the Holy Father written 8 years ago the LAUDATO Si (praised be): on care for our common home, which explores our ecological crisis and its roots in over-consumption and current models of economic development. Pope Francis, calls on all the Catholic Church and all believers, the scientific community, and all citizens of the World, to protect and regenerate our common home. The Holy Father continues to say *“Our planet provided a stable climate that allowed humanity and nature to flourish for thousands of years. But since the start of the Industrial Revolution in the 18th Century, we have emitted more and more greenhouse gases into our atmosphere that warm the climate by trapping the sun's heat. These gases are produced by burning coal, oil, and gas to power industry and transport and to supply our homes and buildings with heat and electricity. We also release greenhouse gases through intensive farming and cutting down forests.*

The church in the AMECEA region calls upon people to do the following as a way of responding to Pope Francis's call,

- To defend life and stop global warming. Can you buy renewable energy,? Divest from fossil fuels? or add more plant-based foods to your diet?
- With immediate action to conserve and restore ecosystems, we can reverse the damage to nature.
- We need to protect and restore habitats on land and at the sea. The land rights of local and indigenous peoples, who have a deep and diverse knowledge of the wise use of natural resources must be strengthened.
- We need to change how we produce and consume food. Restorative agricultural practices can both provide a haven for nature and help tackle climate change. Eating less meat and dairy and cutting food waste will reduce pressure on the ecosystem.

Issues of climate change are issues for everyone no one should be left behind as a citizen of this planet.

Written by Sr. Bernedetta Nzioka, DSH

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

Learning and sharing of best practices from AOSK-Catholic Care for Children in Kenya Annual General Meeting.

From the 14th to 18th of September 2023, The AOSK Catholic Care for Children in Kenya held its Annual general meeting at Dimesse Sisters Centre in Karen. The meeting brought together administrators, directors, and social workers from 73 childcare institutions that work with AOSK-CCCK. The sole intention of this meeting was to learn best practices in the field of child care reforms; documentation of challenges encountered in the implementation of care reforms as well as deliberating on opportunities for growth in advocating that the best place for growth and development of children is their families.

In the spirit of collaboration; networking and partnership; the AGM was graced by representatives from the National Council for Children Services. The representatives were able to share with the participants the Overview of Care Reform efforts in Kenya's Context and the obligations of the different duty-bearers in implementing them. At the conclusion of the AGM; Sr. Delvin Mukhwana, AOSK-CCCK Project Manager encouraged the participants to embrace themselves in the implementation of care reforms, *“let us all be active agents who are ready to embrace care*



CCI Administrators during the AOSK-CCCK AGM in September 2023

Written by Mr. Joseph Wichenje

SISTER-LED YOUTH EMPOWERMENT INITIATIVE-(AOSK-SLYI)

Young people form two-thirds of Kenya's population. They constitute a population that is highly

Energetic and innovative. However, the high rate of unemployment among young people continues to be a pressing challenge across the world. For meaningful social-economic engagement, there is a need for the government and other stakeholders to engage the youth with meaningful interventions and support for social-economic activities that will guarantee a sustainable and prosperous future.

AOSK-SLYI has been part of equipping youth with the necessary skills and providing access to opportunities that have positively impacted their own lives and those of their families. This has been done by supporting the vulnerable and disadvantaged with capital to start small business enterprises. So far the project has supported 88 business enterprises (54 group businesses, and 34 individual businesses respectively) cumulatively 152 youths have benefited. The different businesses that the youth have started include hair-dressing and beauty therapy, hotels, catering services, barber shops, Tailoring, Electrical shops, and Hard-

ware.

Additionally, the AOSK SLYI program strives to empower sisters-led technical institutions with the right and modern infrastructure to sustainably impact technical skills to vulnerable and disadvantaged youth. The infrastructure is to serve as income income-generating project that will enhance their income for self-sustenance and teaching, and at the same time support vulnerable youth through employment. The AOSK SLYI has supported 5 institutions strategically placed within the four catholic metropolitans to establish business models that would be central to the other institutions. Among the Institutions supported by the project include; St. Jude Technical, Mumias, St. Anthony Lwak, Siaya, Emmanuel Skills, Murang'a, St. Mary's Kabaa, and Daughters Mary Help of Christians, Nairobi. The business models have helped the institutions to boost their income for self-sustenance and at the same time absorb a percentage of the youth who are unable to come up with and implement their business ideas. So far the mega businesses are generating income for their institutions and have employed about 79 youths for self-sustainability



Youth employed under the Mega business at St. Mary's Polytechnic Kabaa

Youth Conference at Tangaza University College.

All citizens need to abide by laws, pay their taxes, and vote. Beyond that, other traits associated with being a good citizen include: having respect for others and their property. Knowing your rights and respecting the rights of others. Values are principles or standards of behavior; one's judgment of what is important in life. Values include but are not limited to; integrity, ethics, courage, compassion, gratitude, honesty, humility, etc.

On the 16th/of September/2023, the sisters-led youth empowerment initiative joined Tangaza University College under the leaders' guild initiative and other partners in conducting a youth conference where 30 of the AOSK-SLYI Beneficiaries were in attendance. The conference was themed 'Ethical Society: Values-driven Citizens.' And sub-themed 'Values-centered living - key to ethical leadership and Youths as agents of change towards ethical leadership.' the youth were encouraged by Ms. Stella Nderitu, Director of Strategic Initiative & Partnerships - Emerging Leaders Foundation, Africa to identify their values, hold those

values dear, and never compromise them for anything as tomorrow's generation is yearning for ethical leaders. She also reminded the youth that in today's society they will be addressed by how they dress. Ms. Viridiana Wasike Mutere Head - of Partnerships & Resource Mobilization National Youth Council, encouraged the youth that, as agents of change towards ethical leadership, it is vital for them to identify the areas that the current generation is compromising so that when they get into the leadership position they can guide their actions for the common good of the community, and use their values for the service of the community.

This initiative was very key especially since we are nurturing the youth for today's and tomorrow's leadership roles. The values they hold will determine the next generation and therefore it is worth investing our resources to ensure that the youth who attend this forum are youth in different leadership positions and will preach the same gospel to their peers in the community.



Youth following up a session during the leaders guild workshop at Tangaza University College

Written by Sr. Mercy Mwayi,FSSJ

THE HEALTH ASSOCIATION OF SISTERHOODS OF KENYA-(HASK)

Gastric ulcers and duodenal ulcers.

Health Association of Sisterhoods of Kenya continues with the role of facilitating both the creation of the awareness and screening of non-communicable diseases (NCDs) in all the sister-run health facilities across the country. In the August newsletter, we had an overview of peptic Ulcers and learned of the two types of peptic ulcers namely Gastric and duodenal ulcers, For the September newsletter, we will focus on how to distinguish between the two.

A peptic ulcer is a defect of gastric or duodenal mucosa or the lining that interferes over lamina muscularis or penetrates across a whole gastric or duodenal wall and the rise of the ulcer is conditioned by the presence of gastric content.

Main differences between the Gastric and Duodenal Ulcers

DUODENAL ULCERS	GASTRIC ULCERS
Epigastric /upper abdominal pains start 2-3 hours after meal and at midnight	Epigastric /upper abdominal pains starts immediately after meal or during meal
Pain is aggravated by hunger	Pain is aggravated by eating
Obstipation (which means severe constipation, a person not able to pass stool or gas)	Episodes of watery diarrhea
Eats well to relieve the pain and thus has good nutrition	Avoid fried food or has reduced nutrition
Pyrosis[persistent heartburn or burning sensation in the upper abdomen}	Indigestion which causes pain or discomfort in the stomach and can be mistaken for heartburn.
Has weight gain due to good nutrition	Has weight loss due to poor nutrition
Vomiting not common	Vomiting is common to relieve the pain

Complications of both Duodenal and Gastric ulcers might include, bleeding. Perforation that occurs mostly at the Bulbus duodeni and anterior gastric wall, Penetration of the Ulcers to the neighboring organs such as the liver and the pancreas, and stenosis/blockage where the lumen narrows because of the scar tissue or due to the inflammation of the ulcers.

Management/treatment entails observing the following factors,

- Lifestyle modification : this includes cessation of smoking and alcohol consumption, discontinuity of the use of NSAIDS [drugs such as ibrufen,asprin}
- H. Pylori eradication therapy: by the use of the right medication such as Pylori Kit.
- Diet: avoid food that may increase the production or secretion of much gastric acid for instance oranges
- Surgery: surgical intervention may be required, vagotomy or suture of the perforated or hemorrhagic /bleeding ulcer.

In conclusion, the best way to tell if one has gastric or duodenal ulcer is by figuring out where and when the symptoms occur for instance abdominal pains relieved by eating. Therefore, peptic ulcers occur when acid in the digestive tract eats away at the inner surface of the stomach or small intestine.

Written by Sr. Jerusha Ncabani

AOSK SCORE ECD

Tips on Sustainable Resource Mobilization

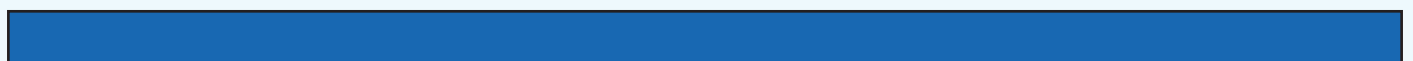
Ten congregations implementing the SCORE ECD project received capacity-building training on resource mobilization in September 2023. AOSK SCORE ECD Would like to share some tips on how to carry out sustainable resource mobilization for congregations/ institutions.

First of all, Resources are diverse and may include anything other than money, and mobilizing resources may include a variety of actions. Resource mobilization is an act of raising organizational cash and other resources.

The following are some tips on how to carry out a Sustainable resource mobilization;

- 1.Determine the resources and resources required
- 2.Select appropriate resource sources.
- 3.Recognize the talents required
- 4.Create strategies and plans of action
- 5.Verify the organization's preparedness
- 6.Put strategy and action plans into action

To carry out successful resource mobilization it is essential to build and maintain partnerships, establish relationships, and purposely invest in their resource mobilization capacity across the organization. This requires investment: in staff, staff skills, communications capacity, systems and structures, etc.





From left, Sr. Linah Wanjiku , Superior general Sisters of Emmanuel and some of her leadership team during group session in the training

Written by Christine Nguna

AOSK INSURANCE AGENCY

Personal Accident Cover

In the event of an accident; financial emergencies are unavoidable. Unpredictable occurrences in life and unfortunates through accidents can happen and sometimes are associated with high costs of treatment. AOSK Insurance Agency through different insurers offers personal accident covers designed to protect individuals against such accidents. The comprehensive cover is designed to provide much-needed financial aid in the event of injury, disability, or death caused solely by violence and accidents. Individuals covered in this policy are between the ages of 18 and 64 years. Persons below 18 years can only enjoy cover under their parent's /guardians policy. Riders can be added to the cover; Rescue in case of an accident, Political violence and terrorism. Children below 5 years are covered for road risks only.

Student Personal Accident Cover.

Student personal accident cover offers monetary compensation in the event of bodily injury sustained by the insured student. The injury must be caused by violent, accidental, external, and visible means subject to the option selected by the insured and will compensate the affected member. Subject to the terms and conditions, the student personal accident cover provides the benefits of; permanent/ total disability, tuition expenses following an accident, dental/optical injury treatment, emergency accidental medical expenses, artificial appliances, funeral expenses



Written by Lucy Juma

AOSK CHEMCHEMI YA UZIMA INSTITUTE ICAPAMI

On 8th September 2023, the first-year students from the Institute of Catechetical and Pastoral Ministry joined the catechists from the Nairobi Metropolitan for their annual Eucharistic celebration that took place in the Ngong diocese. Amongst the dioceses present were, Nairobi, Kericho, Kitui, Machakos, Ngong, Military, Kericho and Wote. This occasion was graced by Most Rev. Philip Anyolo of the Archdiocese of Nairobi who was also the main celebrant during the holy mass, Most Rev. Cleophas Osese Tuka of Nakuru diocese, Most Rev. John Oballa Owaa of Ngong diocese, and Most Rev. Joseph Mwangela the bishop of Kitui diocese. More than twenty priests from different dioceses, catechist coordinators and over seven hundred catechists attended the celebration. In his homily, Most Rev. Bishop Joseph Mwangela reminded the Catechists about their great responsibility of the spiritual formation of Christ's faithful. He emphasized on putting more effort in their ministry on spiritual formation in order to have many saints in our own country Kenya. Just as Mary, the Mother of Jesus had a responsibility of caring for and raising Jesus, a catechist's ministry is the factory of producing saints. As they form others, they too have a role of perfecting their lives in order

to become holy. After the mass, Most Rev. Bishop Cleophas Osese Tuka of Nakuru diocese gave a talk to the catechists. In his talk, he encouraged the catechists especially those who face difficulties in their mission. From the occasion, Chemchemi students had a good opportunity to interact with fellow students from Bikira Maria Catechetical Centre Mbitini and other catechists. The students took this time to advertise the programs offered by Chemchemi ya Uzima Institute.



Catechists during their annual Eucharistic celebration in September 2023 at the Ngong Diocese.

Written by Sr. Francisca Musau

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

CONRAD N.



FOUNDATION



MISEREOR
IHR HILFSWERK



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