

NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya.

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Pope's October prayer intention: 'For the Synod'



In Pope Francis's Prayer intention for the Month of October, He invited everyone to embrace listening and dialogue through the Synod.

“Let us pray for the Church, that she may adopt listening and dialogue as a style of life at every level, allowing herself to be guided by the Holy Spirit towards the world's peripheries.”

According to the Video published by the Pope's Worldwide Prayer Network, Pope Francis reflected on how the synodal dynamic carries forward the Church's missionary vocation.

“Through prayer and discernment, the Holy Spirit helps us carry out the “apostolate of the ear,” that is, listening with God's ears in order to speak with the word of God,” he said, noting that, “Thus, we draw near to the heart of Christ. Our mission and the voice that draws us to him spring from him.”

Pope Francis concluded by saying “This voice reveals to us that the heart of mission is to reach out to everyone, to seek everyone, to welcome everyone, to involve everyone, without excluding anyone” and inviting all believers to pray for the Church during the Synod “that she may adopt listening and dialogue as a style of life at every level, allowing herself to be guided by the Holy Spirit towards the world's peripheries.”

THE LEGAL ISSUES

The Legal Perspective on Climate Change Mitigation and Sustainable Development Goals



The Kenyan environmental and climate change regimes are enshrined in the Constitution of Kenya and supported by several sector-specific statutes and policies. Pursuant to Article 2(5) of the Constitution, general rules of international law, which include principles of international environmental law, form part of Kenyan law relating to the environment and climate change. The international environmental legal regime has contributed greatly to the development of Kenyan policies and legislation on the protection of the environment. Treaty law has also been imported into Kenya's legal regime pursuant to Article 2(6) of the Constitution. Africa is classified as one of the continents highly vulnerable to climate change due to several reasons: high poverty level, high dependence on rain-fed agriculture, poor management of natural resources, capacity/technology limitations, weak infrastructure, and less efficient governance/institutional setup. Arguably, Kenya's challenges as far as combating climate change are concerned are not any different from the ones identified above. Climate change impacts and

the associated socioeconomic losses on Kenya have been exacerbated by the country's high dependence on climate sensitive natural resources.

The United Nations 2030 Agenda for Sustainable Development envisages a world of universal respect for human rights and human dignity, the rule of law, justice, equality, and non-discrimination, among others. This is a world in which consumption and production patterns and use of all natural resources from air to land, from rivers, lakes, and aquifers to oceans and seas are sustainable, on the one hand, and one in which democracy, good governance and the rule of law, as well as an enabling environment at the national and international levels, are essential for sustainable development, including sustained and inclusive economic growth, social development, environmental protection and the eradication of poverty and hunger, on the other hand.

Kenya's Climate Change Act 2016, No. 11 of 2016, Laws of Kenya seeks to provide a regulatory framework for enhanced response to climate change; to provide for mechanisms and measures to achieve low

carbon climate development, and for connected purposes. The Act seeks to promote mainstreaming of climate change mitigation measures, which may be considered as the use of law as a tool for promoting social change. This is in line with SDG 13 which requires countries to take urgent action to combat climate change and its impacts, acknowledging that the United Nations Framework Convention on Climate Change is the primary international, intergovernmental forum for negotiating the global response to climate change.

Under Article 70 of the Constitution of Kenya, the court may make an order or give directions to: prevent, stop, or discontinue an act or omission that is harmful to the environment; compel a public officer to take measures to prevent or discontinue an act or omission that is harmful to the environment; or provide compensation to a victim of a violation relating to climate change. It is also worth mentioning that SDG 16 encourages countries to 'promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.

Transitioning to a low-carbon economy is a key component of Kenya's Vision 2030 and remains a national priority. Ultimately, the implementation of the regulations contemplated under the Climate Change Act 2016 will further provide greater certainty on the government's initiatives for achieving climate sustainability. It is expected that the regulations will further clarify the obligations of various parties, including those in the private sector, in relation to climate action which must be a collective effort.

Written by Sr. Hedwig Muse, LSMIG

AOSK SISTERS-LED YOUTH EMPOWERMENT INITIATIVE

Unlocking Youth Talent for Sustainable Impact

The Kenya Youth Development Policy (2019) provides a policy framework for addressing issues affecting the youth. The policy outlines various priorities, strategies, and interventions that aim to enhance youth participation, representation, skills development, employment, entrepreneurship, creativity, innovation, health, well-being, and social inclusion.

Innovation is the practical implementation of ideas that result in the introduction of new goods or services or improvement in offering goods or services. Innovation starts with a new idea. It could be a plan for an improved product or service; it could be an updated method for running your operations; it could also be a new business model. In entrepreneurship Innovation is the manifestation of creativity into a

usable product or service. In the entrepreneurial context, innovation is any new idea, process, or product, or a change to an existing product or process that adds value to that existing product or service.

AOSK-SLYI envisions a country that enables young innovative entrepreneurs for sustainable solutions. SLYI joins the government of Kenya and the global continent to help encourage and create a platform for young people to use technology, art, culture, and social action to create solutions to some of the issues affecting society today, especially economic issues by being creative and showcasing their innovations for sustainable impact.

Between the 27th and 28th of October 2023, AOSK-SLYI conducted an innovation youth challenge at the little daughters of St. Joseph in Karen. The activity



was graced by the AOSK- chairperson Sr. Josephine Kangogo, DSH amongst many other stakeholders that partner with AOSK-SLYI.

During the event, the youth were able to showcase their talents and ideas in various fields including; ICT, Fashion and design, Carpentry, welding, hairdressing and beauty therapy, knitting and Mat making, shoe making, and lastly beadwork. The Activity was a success and the youth were happy to showcase the best talents in them. In the end, the winners in each category were announced and awarded some money that they would use to boost their talents



AOSK-SLYI Youth following up presentations during the Youth Innovative Challenge at the Little Daughters of st. Joseph in Karen.



Participants of AOSK-SLYI youth Innovative Challenge receiving certificates of participation and other awards.

Written by Sr. Mercy Mwayi, FSSJ

AOSK CATHOLIC CARE FOR CHILDREN IN KENYA

“Children Deserve Families: Social Media Campaign to Celebrate World’s Children Day”

World Children’s Day, celebrated annually on November 20th, is a global reminder of our collective responsibility as duty bearers to nurture and protect the world’s most vulnerable citizens and more importantly, the children entrusted under our care.

Across the globe, millions of children find themselves living in institutional care due to various circumstances. Family care plays a pivotal role in the healthy development of children. A loving family provides emotional support, stability, and a safe space for children to grow, learn, and thrive. The bonds formed within families are essential for a child’s sense of self-worth and connectedness to their community and culture.

Family is not just a social construct; it is a divine blueprint for human beings to thrive. From the very beginning, in the heart of creation, family was God’s original design for humanity. It is a sacred space where love, care, and guidance flow freely, nurturing the physical, emotional, and spiritual growth of children.

As we approach World Children’s Day on November 20th, we have the perfect opportunity to shine a light on a critical issue that affects countless young lives worldwide and the importance of family care for children living in institutional settings.



Children participating in sports and drama during a past event during world children day

AOSK-CCCK is actively engaging through the use of Social Media channels in a one-month social media campaign, which has been running from October 20th till November 20th. This is a collaborative effort across the CCC partners around the globe to build awareness about the importance of Family centered; family-like care for children. This inspiring initiative seeks to amplify awareness about the invaluable work carried out in partnership with Catholic Care for Children in Kenya, Zambia, Uganda, Malawi, and Sri Lanka.

These dedicated organizations have joined forces, crafting impactful videos, catchy jingles, and compelling posters, in collaboration with stakeholders, partners, universities, church authorities, and government officials.

Together, they aspire to make this campaign a resounding success. These messages are subsequently being uploaded across all our social media platforms. The primary goal of this initiative is to reach a broader audience and enhance public awareness regarding the crucial role of a supportive family for every child.

This one-month campaign, commemorating World Children's Day, is an opportunity for us to come together as a global community and advocate for the rights of children. By highlighting the importance of family care and the risks of family separation, we can work towards a world where every child grows up in a loving and nurturing environment, surrounded by the warmth and support of their family.

Written by Mr. Joseph Wichenje

AOSK SCORE ECD

Absorbent minds.

What is an absorbent mind? The absorbent mind has a sponge-like capacity to absorb from the environment what is necessary to create an individual from his/her special culture.

As human beings, we treasure the gift of life a new-born baby brings with it; visions of hope, joy, and love. What if we knew that, babies had the remarkable ability to absorb impressions and information from the environment in such a way that they begin to form the person they would eventually become? Would we change the environment to which the child is exposed? Would it be our duty as adults and caregivers to provide the best possible environment for the children to begin their lives with every possible advantage?

Maria Montessori believed that there is a period when a child can absorb knowledge directly into his psychic life, Impressions do not merely enter his mind, they form it, and they incarnate themselves in him. "Mental muscles", using what he finds in the world around him. The child absorbs these impressions, not with his mind but with life itself. It is this state of mind that she referred to as the absorbent mind.

The absorbent mind is the period of development from birth to six years of age and these are divided into 2 sub-stages of development;

Birth to 3 years: This is considered an unconscious absorbent mind, where the child has no control over what he absorbs from his environment.

3 years to 6 years: This is considered a conscious absorbent mind, where the child is aware and has a choice over what he absorbs from his environment.

The child can absorb information and impressions without having to try. The absorbent mind is an internal aid to the development of the child. Hence, caregivers are very important people in the life of the child and are called to follow the child's natural progression for the absorbent mind by making eye contact, smiling at him, playing rhyming games, reading aloud, and singing songs. Bravo to AOSK SCORE ECD Which supports children under 3 (<3) to attain age-appropriate development milestones and helps caregivers to notice, understand, and respond to their child's signals in a timely and appropriate manner.



Written by Sr. Teresa Yator, ASE

AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

UNGA 2023 NEW YORK CITY - USA

The 78th session of the United Nations General Assembly marked a crucial milestone in the journey towards achieving the 2030 Agenda and the urgent need to put the 17 Sustainable Development Goals (SDGs) back on track. The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. The Sustainable Development Goals (SDGs) is a set of 17 Sustainable Development Goals and 169 targets that seek to build on the Millennium Development Goals to realize the human rights of all and to achieve gender equality and the empowerment of all women and girls, and are integrated and indivisible and balance the three dimensions of sustainable development: the economic, social and environmental.

The Fellowship team comprising of Catholic Sisters and other global Leaders and activists completed a mid-point assessment of how U.N.-member states are, or are not, progressing in global efforts to end poverty and other social and economic challenges by 2030.

The Catholic Sisters were part of the global Assembly deliberating on the possible ways and means to end poverty and hunger; combat inequalities within and among countries; to build peaceful, just and inclusive societies; to respect, protect and fulfill human rights and achieve gender equality and the empowerment of all women and girls and to ensure the lasting protection of the planet and its natural resources.

Women religious and others whose U.N.-based advocacy work and grassroots mission efforts connect with those most affected by poverty and other ills also expressed worries.



Sisters from Africa gather at a Sept. 18 SDG Summit “side event” at Fordham University

At the Fordham University event, numerous speakers spoke not only of the ongoing educational crisis facing girls and young women in Africa but also of the continued crisis of misogyny, sexism, and sexual abuse faced by females on the Continent.

Various programs which are funded by the Hilton Foundation's Catholic Sisters Initiative are striving to build on a long tradition and practice of Catholic education in Africa and are helping to boost efforts to achieve SDG 4, which focuses on quality education, SDG 3, which aims at ensuring healthy lives and promote well-being for all at all ages and SDG 5, focused on gender equality.

The Global Goals result from a process that has been more inclusive than ever, with Governments involving civil society and citizens from the outset. We are all in agreement on where the world needs to go. Fulfilling these ambitions will take an unprecedented effort by all sectors of society.

Written by Sr. Hedwig Muse, LSMIG

HEALTH ASSOCIATION OF THE SISTERHOODS OF KENYA

Breast Cancer

Health Association of the Sisterhoods of Kenya continues to promote health through the sisters-run health facilities by empowering them in the creation of awareness and screening of non-communicable diseases (NCDs). Amongst many types of NCDs, cancer is one of them.

What is cancer? Centers for Disease Control and Prevention (CDC) refers to cancer as a disease in which abnormal cells divide out of control and are able to invade other tissues. The most common cancers are breast, lung, colon, rectum, and prostate.

The month of October has been marked to be the month of breast cancer awareness and screening. The theme for this year was, "No one should face breast cancer alone".

According to a report published by the World Health Organization back in July this year, 685,000 people died of breast cancer in the year 2020. Breast cancer is a disease in which abnormal breast cells grow out of control and form tumors that spread to some organs in the body and can be fatal.

Ca breast cells begin inside the milk ducts or the milk-producing lobules of the breast.

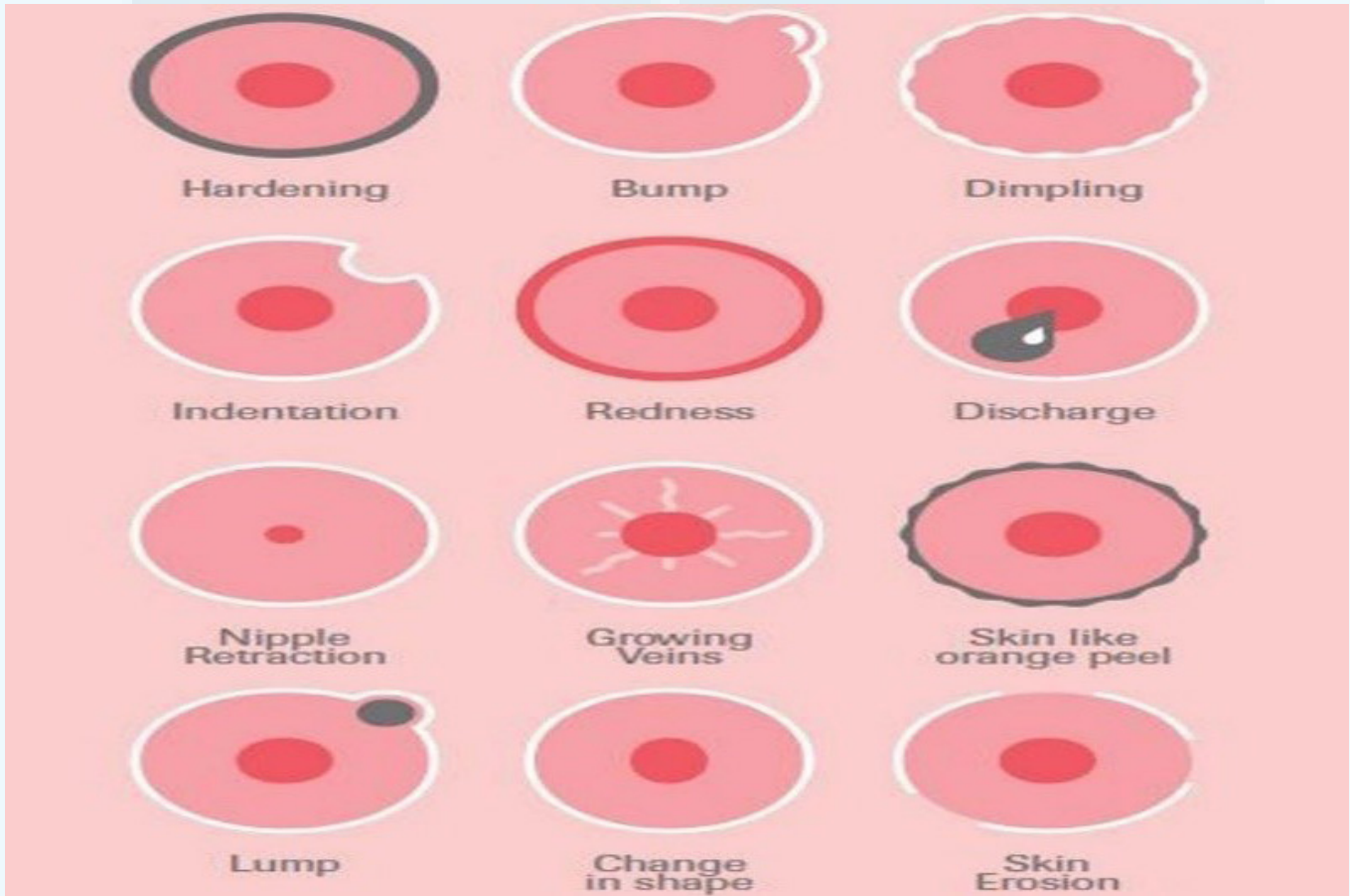
Ca breast risk factors:

- **Gender:** ca breast, is 100 more times common in women than in men.
- **Age:** the chances of getting breast cancer go up with age.
- **Genetic:** 5%-10 % of breast cancer are thought to be linked to inherited changes {mutations} in certain genes.
- **Family history:** breast cancer is higher among women whose close blood relatives have the disease, the relative from either side of the mother or father, having a mother, sister, or daughter with the disease doubles the risk.
- **Personal history of breast cancer:** a woman with cancer in one breast has a greater chance of getting a new cancer in the other breast or any other part of the breast.
- **Parity:** women who have had no children or who had their first child after 30 years have a slightly

higher chance of getting the disease. While having many pregnancies and becoming pregnant at a young age lowers the risk.

- **Birth control:** studies have proven that women using oral contraceptives such as birth control pills have a slightly greater risk of the disease than women who have never used them.
- **Breastfeeding:** some studies suggest that breastfeeding for one and half to two years may lower the risk.
- **Menstrual periods:** early menstruation before the age of 12 or menopause after the age of 55 increases risk.

Signs and symptoms of breast cancer:



Investigations:

- Breast ultrasound {women < 35 years}
- Clinical breast exam by a doctor or a Nurse
- Mammography {women >35 years}
- MRI

Ca breast treatment can be done through, surgery, chemotherapy, radiotherapy, and hormonal therapy.

Written by Sr. Jerusha Ncabani, CLFS

AOSK INSURANCE AGENCY

Business Insurance

A business owner's policy (BOP) is a form of insurance policy that incorporates multiple types of coverage, including commercial property. Depending on the contract, inventory insurance covers a wide range of hazards. Inventory insurance often covers the following perils: fire, theft, and vandalism. Water damage, spotting, errors and omissions, and product responsibility are all covered. For many organizations, inventory may be a considerable investment. Inventory loss or damage can disrupt operations and result in revenue loss. Inventory insurance can assist businesses in recovering from these losses and rapidly getting back on their feet. Inventory is frequently exposed to a wide range of threats, including fire, theft, vandalism, water damage, and weather damage. Inventory insurance can help businesses attract and retain consumers by protecting them from financial losses caused by these perils. Customers are more willing to do business with companies who have inventory insur-

ance because they know that if their order is lost or damaged due to normal wear and tear, the company will be able to replace it. This may assist firms acquire and retain customers; they are more likely to do so.

Commercial property insurance: This type of insurance covers physical property such as inventory. This is an excellent alternative for organizations that have a large inventory or store it in a warehouse or other commercial facility. Fire, theft, vandalism, and water damage are just a few of the risks that commercial property insurance can cover. Aside from these main categories of inventory insurance, there are a variety of specialty types of coverage available, including: Insurance against errors and omissions: This sort of insurance protects companies from financial losses caused by errors or negligence. For example, if a company inadvertently sends the wrong product to a customer, errors and omissions insurance may help pay the expense of repairing the goods and refunding the customer's shipping costs.

Written by Mr. Francis Mutuku

AOSK CHEMCHEMI YA UZIMA INSTITUTE

Formation Department

We always say "God's time is the best!" This is because, God works things out on his timetable to bring the best results for us. The point is, we can trust a God who is sovereign over time, and hence, be more patient as we wait for His timing to be revealed. God's timetable can be remarkably different from ours, but His is a lot more trustworthy than ours. Experience God at the right time, and you will marvel. It is now more than two months since the first Semester of the year 2023 – 2024 begun and the Lord has been gracious to our formators at the right time. Together they are gradually tuning into God's timing and learning from His school. In this school, formators in collaboration with the Holy Trinity and their facilitators, have learnt that, theirs is a special calling within the major call to consecrated religious life. The Congregations and Seminaries need good formators to welcome and accompany those who are sent to them by God. The formators are therefore, the ones who make the Congregation and Priesthood known, who embody

its spirit and help newcomers to know and love their new home and family. Formation for religious life and priesthood is one of the most important and challenging areas of our life today. When considering formation, we are also considering the future of the Congregation, our mission in the Church and our readiness to serve God and his people. This is not an easy ministry and it calls for great skill and care. Together, the formators

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FORMATION IS A JOURNEY INTO:

- Becoming
- Being
- Wholeness
- Integration
- Flexibility
- Awareness



Formation Group 2023 - 2024

Formation is also a time for:

Transformation, information and inner journey. A time to let our clay be moist and soft. To allow God to mould us, to fashion us and reshape us. It is **not** we who shape God, but He who shapes us. It is a time to let go, let be, and let God. A time to be open and available, allowing the Spirit to blow where He wills. A time to trust the process, to age into the process and to be part of the process. A time to abide in Christ and a time to remain in Him and to bear fruit.



That in all things, we may glorify God!

*Written by Sr. Florence Nyamai, OSU
and Sr. Catherine Mutuku, OSB*

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

CONRAD N.



FOUNDATION



MISEREOR
IHR HILFSWERK



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

Compiled and Edited by Victor Emoja, AOSK Communication Officer.