

ASSOCIATION OF SISTERHOODS OF KENYA (AOSK)

2023

Annual Magazine for the Association of Sisterhoods of Kenya



2023
HIGHLIGHTS

United we stand as a Sign of God's Presence

While Africa is a continent of vast potential, it currently faces serious obstacles of poverty, chronic hunger, disease, ecological degradation, and violence. Catholic women religious are a strong force in harnessing that potential, addressing these issues and offering hope for the future.

Our programming areas include Justice and Peace, early child Development, Childcare and protection, Women empowerment (Livelihoods), youth empowerment, and empowerment of vulnerable and marginalized populations in informal settlements, education for sisters, formation, healthcare and counter-human trafficking. The association consolidates efforts by creating synergy to empower vulnerable populations including children, youth, women, elderly, persons living with disabilities and marginalized communities.

AOSK has evolved over the span of sixty years and we look back with gratitude to God for what has been achieved within the six decades.

Celebrating sixty years is a great gift of God's goodness for consecrated religious women whose life of dedication is in service of the church and the whole of humanity. .

We are grateful to our founders on whose shoulders we stand today. We appreciate and enjoy good leadership thanks to the support of the members..

AOSK Vision

A dynamic Association of empowered prophetic women religious living gospel values.

AOSK Mission

To foster mutual support and promote holistic formation of women religious for authentic witness through sustainable programs in collaboration with stakeholders.

AOSK Core Values

1. Prayer
2. Charity
3. Integrity
4. Respect and Diversity
5. Accountability

2023
HIGHLIGHTS



SR. JOSEPHINE KANGOGO, DSH AOSK Chair Person

Sr. Josephine Kangogo Keino is a member of the religious institute of Daughters of the Sacred Heart Eastern Africa Province. She is the Current Provincial Superior of the Daughters of the Sacred Heart and the Chairperson of the Association of Sisterhoods of Kenya, (AOSK). At AOSK she acts on behalf of members to direct the activities of the Association towards attainment of its vision and mission. She is also the official spokesperson of AOSK.

SR. LINA WANJIKU, SE AOSK Vice Chair Person

Sr. Lina Wanjiku belongs to the Congregation of the Sisters of Emmanuel. Sr. Lina is currently the ASEC Regional Director for East and South Central Africa as well as the Superior General of her Congregation and AOSK Vice Chairperson of the member service where she acts on behalf of members to direct the activities of the Association towards attainment of its vision and mission.



SR. PASILISA NAMIKOYE, LSOSF AOSK Executive Secretary

Sr. Pasilisa Namikoye is a member of the religious Institute of the Little Sisters of St. Francis. Currently She is the AOSK Executive Secretary and Principal administrator of the Secretariat of the Association where she provides leadership in the attainment of the vision, Mission and aims of the Association



SR. JOSEPHA ATSWELE, SMK Member

Sr. Josepha Angeline belongs to the Congregation of the Sisters of Mary of Kakamega. She is currently the Superior General of her Congregation and AOSK Executive member where she acts on behalf of members to direct the activities of the Association towards attainment of its vision and mission. She is the chair of Finance and administration Committee of AOSK.



SR. MAGDALINE NYILE, RNDM Member

Sr. Mary Magdalene Nyile is a member of an international Congregation of the Sisters of Our Lady of the Missions (Religieuses de Notre Dame des Missions) (RNDM). Currently she is the Leader of the Kenyan Province. She is also an Executive board member of AOSK and fore-see the administration of Tumaini centre.



SR. MARIA GORETI, CPS Member

Sr. Maria Goretti (Elizabeth) King'ori belongs to the congregation of the Missionary Sisters of the Precious Blood. Currently, she is the Provincial Superior of the Missionary Sisters of the Precious Blood East Africa Province covering Kenya, Tanzania and Sudan. At AOSK, she is an Executive Member where she acts on behalf of members to direct the activities of the Association towards attainment of its vision and mission as the vice chair of member service and program Committee of AOSK.





SR. ESTHER MUNYIRI, SMI Member

Sr. Esther Munyiri belongs to the congregation of Mary Immaculate. Currently, she is the Mother Superior of the Sisters of Mary Immaculate of Nyeri and also a member of the AOSK Executive board where she acts on behalf of members to direct the activities of the Association towards attainment of its vision and mission.

SR. MARY PURITY, FS Member

Sr. Mary Purity belongs to the congregation of the Felician Sisters. Currently, she is the Provincial Superior of the Felician Sisters and also a member of the AOSK Executive board where she acts on behalf of members to direct the activities of the Association towards attainment of its vision and mission.



1. Sr. Pasilisa Namikoye, LSOSF	AOSK Executive Secretary
2. Sr. Felistas Chesire, ASE	AOSK Head of Finance
3. Delphine Ogutu Anyango	AOSK Office administrator
4. Mr. Brighton Savayi Amuni	AOSK Monitoring and Evaluation
5. Victor Emoja	AOSK Communication officer
6. Sr. Florence Isuli, SMMG	AOSK IT officer
7. Ms. Tabitha Maina	Chemchemi IT Officer
8. Sr. Teresa Yator, ASE	AOSK SCORE ECD Program Manager
9. Mrs. Christine Monari	AOSK SCORE ECD Program Officer
10. Sr. Delvin Mukhwana, DHM	AOSK CCKK Program Manager
11. Mr. Joseph Wichenje	AOSK CCKK Case Manager
12. Sr. Bernadette Nzioka, DSH	AOSK JPIC Program Coordinator
13. Sr. Hedwig Muse, LSMIG	AOSK Legal Officer
14. Mr. Evans Kengere	AOSK JPIC Accountant
15. Katharina Scheneider	AGIAMONDO Program Officer
16. Sr. Regina Nthenya, SSJ	HASK Program Manager
17. Sr. Jerusha Ncabani, CLFS	HASK Program Officer
18. Sr. Jackline Mwongela, IBVM	RAHT Program Manager
19. Mr. Edmond Juma	RAHT Program Officer
20. Sr. Luciana Wanyahoro, VDM	Director Chemchemi ya Uzima
21. Mr. Isaiah Mbaru	Registrar Chemchemi ya Uzima
22. Mr. Francis Mutuku Mbwele	AOSK Insurance Agency Coordinator
23. Ms. Lucy Oloo Juma	AOSK Insurance Agency Officer
24. Sr. Catherine Mulwa, SSJ	AOSK Human Resource
25. Mr. Herman Ekisa Emoto	AOSK Tumaini Centre Accountant
26. Ms. Jane Kanene	AOSK Tumaini office Administrator
27. Sr. Mercy Mwayi, FSSJ	AOSK SLYI Program Manager
28. Mrs. Caroline Gitau Wamiti	AOSK SLYI Program Officer
29. Sr. Joyce Nyakwama, SSND	ASEC Country director
30. Sr. Jennifer Wangare, DOJGS	ASEC Program Coordinator
31. Mr. Collins Wangila Matianyi	Transport

32. Mr. Dominic Kamau	Librarian Chemchemi ya Uzima
33. Mr. Moses Wasike	Chemchemi ya Uzima Accountant
34. Sr. Victorine Nyawade, FSSA	Head of Sabbatical Department
35. Sr. Florence Nyamai, OSU	Head of Formation Department
36. Sr. Catherine Mutuku, MBS	Assistant H.O.D Formation
37. Sr. Teresia Muthoni, LSOSF	Sabbatical Assistant H.O.D
38. Sr. Sophia Wanyama, LSMIG	ISC Head of Department
39. Sr. Leocadia Kemunto, FSJ	Lecturer Sabbatical
40. Sr. Francisca Musau, ASN	ICAPAMI Head of Department
41. Sr. Eutropia Mwakamba Chao, CPS	ICAPAMI Assistant H.OD
42. Mrs. Florence Musyoki	Administrator Chemchemi ya Uzima
43. Mrs. Julia Wangeci	Hospitality Department
44. Mrs. Serah Wanjiku	Hospitality Department
45. Ms. Regina Wavinya	Hospitality Department
46. Mr. Francis Maina	Transport
47. Mr. Bonface Mandali	Hospitality Department
48. Mr. Dishon Mwangi	Hospitality Department
49. Mr. Peter Mbaria	Hospitality Department
50. Mr. Clinton Mauta Ombui	Hospitality Department
51. Ms. Mary Ambani	Hospitality Department
52. Mr. Joseph Wanjau	Hospitality Department
53. Mr. Joseph Okumu	Hospitality department
54. Ms. Sarah Nyawira	Hospitality Department
55. Ms. Irene Vaati	Hospitality Department
56. Mrs. Annastacia Kimonyi	Assistant Librarian Chemchemi
57. Ms. Lilian Kasandi	Hospitality Department
58. Ms. Evelyne Gitari	Hospitality Department
59. Sr. Brenda Nkamatte, DM	Head of Hospitality Department



Sr. Pasilisa Namikoye, LSOSF
AOSK Executive Secretary

This year (2023) has been one of resilience, growth, and collective achievements that underscore the unwavering spirit of the AOSK fraternity. In the face of unprecedented challenges, our team demonstrated exceptional dedication and adaptability. From navigating uncertainties to seizing opportunities, we have emerged stronger, more united, and better positioned to make a positive impact in the society. We have realized a growth in the AOSK membership from 167 member congregations to 169, with 12 other prospective member congregations anticipated to join. We are committed to enhancing the service we render to all the sisters in the country, supporting their mission of community transformation.

The commitment of the association is a determination to not only realize growth but also geared towards sustainability of our member congregations and generally the Unit structure.

Through our programs at the association including the Formation Program, SLYI, CCKK, JPIC, RAHT Kenya, HASK, Bakhita partnership project (BPP) and SCORE ECD, we have been able to transform the lives of at-least 2,092,695 vulnerable persons directly, with other 12,031,970 people having been reached by the direct project beneficiaries. This ideally translates to 25% of the total population in the country, which was 47,564,296 as at the 2019 Census. We have done this through offering contextualised support including technical training and seed capital, advocacy for holistic family and community based care, awareness creation on human rights, gender and good governance; advocacy, awareness creation, rescue and rehabilitation of survivors of human trafficking and sensitization on positive parenting and male involvement. AOSK is committed to addressing the entire family structure to ensure resilience and sustainable livelihoods, in partnership with our various stakeholders including project participants, member congregations, the church, funding partners/ donors and the government among others.

Through Chemchemi Ya Uzima Institute, we have realized holistic formation and integral growth of our sisters, brothers and priests. As we look forward to offering TVET courses as from Next year (2024), we believe that we will be an oasis of holistic formation, training and learning for all. We have a dream to transform the sustainability of AOSK as an institution and the membership. It is our hope that we shall in the near future be able to sustainably continue implementing some of the projects we are already implementing and even others, supporting the mission of our member congregations and transforming lives. Our Insurance agency is growing, thanks to the member congregations who have continued to support us. As AOSK, we aspire to grow even bigger. I therefore continue appealing for your support on this.

I want to extend my deepest gratitude to each member of the AOSK team. Your hard work, passion, and collaborative spirit have been the driving force behind our success. Together, we have proven that, even in the face of challenges, our unity and shared vision propel us forward. As we stand on the cusp of a new year, I am filled with optimism about the future. The lessons learned and the achievements of this year will undoubtedly shape our path ahead. I am confident that, with the dedication and talent within our organization, we will continue to reach new heights and make a lasting impact.

During this festive season, I encourage everyone to take a well-deserved break, cherish time with loved ones, and reflect on the accomplishments we have achieved together. May the festive season bring joy, peace, and inspiration as we recharge for the challenges and triumphs that await us in the coming year.

Wishing you all a joyful holiday season and a prosperous New Year!

AOSK JUSTICE, PEACE AND INTEGRITY OF CREATION DEPARTMENT

Background of JPIC

The Association of Sisterhoods of Kenya Justice, Peace and Integrity of Creation (AOSK-JPIC) was founded on April 29, 1991 with the main purpose of addressing issues of injustice, especially those related to women and the growing marginalization of the poor in the Kenyan Society where the members serve.

AOSK-JPIC proposes to address this situation through civic and human rights education and leadership training especially for Catholic Sisters, Women Peace Makers and Human Rights Teachers in order to empower them to voice out their issues at policy making levels.

Child rights advocacy by human rights teachers.



Mr. Abednego Mutuku a Human Rights Teacher in Narok teaching pupils about Child Rights

One of the AOSK Human rights teacher has been actively championing for child rights in Mosiro, This is one of the areas in Narok East where cases of child rights violations are rampant. The children in this area are denied access to education, which is a basic right, children are also exposed to child labour, which affects them in so many ways, and AOSK-JPIC has had many cases of teenage pregnancies in this area for the previous years.

As a Human Rights Teacher and an advocate for child rights, Mr. Abednego Mutuku has continued to carry out several activities to help curb this vice. The activities include,

- . Having an active peace club in school where the members help to identify individuals who violate children's rights and homes where children are denied their right to education
- . The peace club members and the teacher have visited the affected homes and their efforts are bearing fruit. They have so far visited four homes during the months of September and October 2023.
- . The teacher has continued to give talks on children's rights during parent meetings and Church functions to help in enlightening the community.
- . The teacher is working in unity with the local administration to ensure that, the rights of children are upheld.

Through these ways, the Human Rights Teacher has seen a positive impact as parents have continued to enroll their children in school even in the middle of the third term.

Cases of child labor have greatly reduced due to the joint effort of the administrators and some enlightened members of the community. Also, the levels of teenage pregnancies in the area have greatly decreased.

The Human Rights Teachers greatly appreciate AOSK for equipping them with knowledge, which gives them the courage to defend and advocate for child rights.

Women peace makers campaign on gender-based violence.

AOSK JPIC this year (2023) was at the forefront of sensitization on Gender-Based Violence, this was done through the Sisters, peacemakers, and Human rights teachers in the 26 Dioceses of Kenya. The campaign aimed at raising awareness of the negative impact that violence and abuse have on women and children

Ways used to prevent and reduce GBV by women peacemakers

- . Empowering women and girls economically by training them in some skills that will make them self-reliant. These skills include making soap detergents, beadwork, and making of tie and dye.
- . Engaging Men in some Women's meetings as key stakeholders in ending GBV in families and making them understand that there is a need to value the girl child.
- . Referrals of victims of GBV and supporting them to access Justice, medical and psychosocial support.
- . Strengthening legal frameworks and law enforcement, through follow-ups on cases to make sure that the survivors get justice.



Madam Patricia giving a sensitization forum in Kilifi Mombasa Arch Diocese

Achievement.

In the period between January and October 2023, the peacemakers in Kilifi were able to train 36 groups of vulnerable women and girls, widows, and PLWD all this with the aim of creating a society that is free from GBV.

AOSK Units Annual General Meeting

AOSK Units comprises a membership of Sisters in the 26 dioceses with the youngest Unit being Wote. The Association has 169 congregations covering 26 AOSK units. However, there are still Congregations that are yet to join AOSK. The Unit Leaders had their Annual General Meeting from 12th November to 15th November 2023. They had presentations done for capacity building the Sister on diverse topics. The aim was to support the Unit leaders at different levels of their work to empower them as they witness the gospel values in their respective ministries. To achieve the desired impact and remain relevant to members, AOSK is committed to enhancing existing services and products to members, enhancing communication, enhancing sustainability, seeking member needs, continuous capacity development, enhancing the use of technology as well as improving its governance structures. AOSK works with member congregations and parishes through Units to make a positive impact within the communities they serve. This is undertaken through various projects and programs that respond to various issues affecting communities including peace and access to justice, child development, youth development, family life, women empowerment, and health among others. Most of these projects and programs are supported by different partners and donors. The Sisters in their various Units on their part have made steady progress in collaboration with AOSK. For example, all Units have leaders including the youngest Unit of Wote. Improved information flow between the Units and the Secretariat and the Sisters have greatly improved their participation in AOSK programs which is a sign of ownership of the Association.



The Sisters being trained on leadership by Fr. James Lomulen SJ

STRENGTHENING THE CAPACITY OF WOMEN RELIGIOUS IN EARLY CHILDHOOD DEVELOPMENT

AOSK SCORE ECD

SCORE III aims to continue strengthening National Associations and Congregations of Catholic Sisters (NACCS) in Kenya, Malawi, Zambia, and Ghana to address organizational capacity and sustainability challenges that affect the achievement of their respective ministry goals in nurturing care and maternal mental health, by scaling up the successful SCORE-ECD II model of support so that NACCS lead and sustain effective community-based integrated early childhood development and maternal mental health (iMBC/ECD) interventions.

For the past seven years, the Catholic Relief Service (CRS) has partnered with NACCS in Kenya, to implement SCORE ECD Projects I and II. These programs in Kenya have increased sisters' technical capacity in iECD through training and mentoring of sisters with knowledge and skills. Sisters ECD services are inclusive and especially target vulnerable children including children with disabilities, adolescent mothers/youth, and women and male caregivers/parents living in disadvantaged communities.

SCORE III supports the sustainability and leadership of NACCS in four countries – Kenya, Malawi, Zambia, and Ghana to deliver high-quality iMBC/ECD and health services. SCORE III further adapts the iMBC/ECD model based on learning from SCORE-ECD II. Apart from the iECD interventions, SCORE ECD III also; scales up maternal mental health component and incorporates Household Economic Strengthening intervention to address household hunger;

When SCORE-ECD first began, the concept of ECD was “misunderstood by Sister congregations as concerning academic activities intended for children, age 3-5 years.” But AS SCORE-ECD continued to be implemented, Sisters now have identified “...technical knowledge and skills as more relevant and beneficial to their charism concerned with young children and families” and better understand the holistic approach to ECD from conception to age 8, with an emphasis on the first 1,000 days of life.



Former SCORE ECD Program Manager Sr. Joyce Nyagucha, ASE interacting with a child during one of the field visits

Achievements of AOSK-SCORE ECD for the period of existence

- . Twenty ECD Master Trainers from 10 congregations, trained, accompanied, and mentored on the ECD Curriculum
- . 1200 caregivers have graduated with skills and knowledge in nurturing care.
- . 1200 caregivers enrolled in cohort 2 and are attending sessions on nurturing care.
- . 4 ECD spaces have been established and stoked with local playing materials at 4 health facilities in Kisumu and Siaya Counties
- . 165(45 male,120 female) caregivers in households' economic initiatives (SILC)
- . 10 congregations have been assessed on Holistic Organisational Capacity Assessment instrument (HOCAI) activities done towards scaling up institutional capacity assessments and strengthening congregations both technically and organizationally

SCORE ECD Memories for the year 2023

There was a mixed reaction within the association of sisterhoods of Kenya after Sr. Joyce Nyagucha was appointed a superior general for the Assumption sisters of Eldoret. Sister Joyce was a dedicated AOSK Staff who served wholeheartedly in the department of SCORE ECD as a program manager. While in the program, Sister spearheaded a lot of activities and recorded a lot of success. Her calling to be a superior general came as a shock to the AOSK fraternity but at the same time a Joy since she was elevated to a new role. Sr. Joyce Nyagucha was replaced by Sr. Teresa Yator who has perfectly fitted in the gap that she left. AOSK wishes to take this moment to wish Sr. Joyce Nyagucha nothing but success as she is dedicated to serving the sisters of the Assumption sisters of Eldoret.



*Former SCORE ECD Program Manager
Sr. Joyce Nyagucha, ASE*

SCORE ECD Successful Story2023



*Current Situation of the Child after
intervention from Master Trainers*

This story was documented by the master trainers Franciscan Sisters of St. Joseph;
A couple in Kisumu County was blessed with twins, unfortunately, one child passed away at 4 months because of malnutrition-related issues. The mother was referred for an inpatient at a County hospital and discharged after 11 days, The child who survived was put under a nutrition program. Currently, she is being supported in the nutrition program and the master trainers and the Community Health Volunteers (CHVs) continue to journey with the family. The child's health is really improving and as per now the child is in a stable state.

AOSK SISTERS LED YOUTH EMPOWERMENT INITIATIVE

AOSK SLYI

The Sisters Led Youth Empowerment Initiative (AOSK-SLYI) is one of the programs at the Association of Sisterhoods of Kenya funded by the Conrad Hilton Foundation. The main goal of the project is to improve socioeconomic sufficiency and resilience among supported vulnerable and disadvantaged youth between 15 and 25 years old. The SLYI program was founded in 2020 with the realization that the sisters needed to do something to alleviate the challenges that confronted youth in society. In 2021, the pilot phase was implemented which informed the conceptualization of the current phase of project implementation which has been implemented since January 2022 and ended in November 2023.

The AOSK-SLYI implements its program through technical training, mentorship, and financing start-up businesses for the youth in collaboration with 36 Catholic Technical training institutions across the country. These institutions are present in 18 Catholic Dioceses of Kenya including Kakamega, Machakos, Kitui, Mombasa, Nairobi, Murang'a, Kisumu, Eldoret, Ngong, Embu, Meru, Homabay, Nakuru, Nyahururu, Isiolo Vicariate, Kitale, Nyeri and Kericho. The program has implemented these initiatives since its inception in 2020, achieving significant milestones in youth empowerment.



AOSK-SLYI youth during a Business Training forum at Donum Dei Centre in Karen-Nairobi Kenya in october 2023

AOSK SLYI Successful Stories 2023

One of the AOSK-SLYI objectives is to support vulnerable and disadvantaged youth with scholarship awards for technical skills acquisition in various Technical Training Institutes (TTIs). Within the three years of its implementation, the program has awarded 50 youth [pilot] and 452 youth with school fees for the different duration of their studies, enabling them to acquire skills for employment opportunities and improved livelihood.



AOSK-SLYI supported youth graduating from St. Frances Taylor TTI in Mwingi



Students utilizing the AOSK-SLYI procured equipment for learning

The program has supported 5 institutions strategically placed within the four catholic metropolitans in establishing mega business enterprises which are 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, Machakos, and Daughters of Mary Help of Christians, Nairobi. The businesses have served as an income-generating project and enhanced their income for self-sustenance and teaching, and at the same time supported vulnerable youth with employment.

The program also supports the learning institutions to procure modern market-oriented, and functional equipment to support learning. Through this initiative, the program has supported all 36 Technical Institutions in procuring equipment informed by the various institutional needs. With the right infrastructure, the TTIs have equipped the students with knowledge and skills that enable them to be competitive in the market, acquire jobs, or establish small enterprises for self-sustainability.



Youth employed at one of the mega businesses in Dagoretti at work

The SLYI program is committed to supporting interested and committed youth in establishing businesses for self-sustainability. Business startups not only need financial support but also Business Development (BDS) to stimulate growth. The program has supported youth with meaningful social economic engagement by providing them with small grants to start small business enterprises. A total of 85 business enterprises have been established and 152 youth have benefited from the initiative. An addition of 76 youth has been offered job opportunities in the mega businesses. The interventions have guaranteed the youth with sustainable and prosperous future



Youth champion conducting a psychosocial forum on the effects of drugs and substance abuse

AOSK-SLYI believes in nurturing the youth to be environmental stewards and appreciate environmental conservation, every year during the month of June AOSK-SLYI joins the globe in creating awareness of the importance of environmental conservation. The program also conducts environmental activities such as; tree planting, community service, and awareness forums to ensure that the youth understand and make it their personal responsibility to ensure that their environment is clean for themselves and the future generation. This initiative has given birth to environmental clubs at the AOSK-SLYI TTIs.

The SLYI program seeks to improve the behavior of the youth through psychosocial activities meant to inculcate values and good behavior and ensure that vulnerable and disadvantaged youth have enhanced psycho-social well-being. The program has succeeded in reaching out to 16,799 of the targeted youth with various psychosocial topics. This good behavior can be alluded to the values instilled in them in the TTIs together with psychosocial activities carried out by the TTIs and the Youth Champions.



AOSK Staff, Youth and administrators during the world Environment day at Dagoretti North.

AOSK CATHOLIC CARE FOR CHILDREN IN KENYA

AOSK CCCK

The Association of Sisterhoods of Kenya Catholic Care for Children in Kenya (AOSK-CCCK) began in May 2018. The Programs goal of holistic family and community-based care for vulnerable children is conscious of ensuring healthy living, promoting and strengthening the well-being of families and vulnerable children for sustainable human development.

AOSK-CCCK Coverage for the year 2023.

In a proactive move towards fostering child care and safeguarding, the Association of Sisterhoods of Kenya, Catholic Care for Children Program organized a community dialogue at Bobleo Children's Home in Tartar, West Pokot



The event, which focused on issues concerning children living with disabilities, brought together men, women, and youth from Kangilikwa Sub-parish of St. Teresa Parish Tartar, Kitale Diocese, Mnagei Location, West Pokot County. Notable attendees included four chiefs, West Pokot County Children Officer and the Safeguarding Officer of Kitale Diocese Mrs. Rose Obonyo

The dialogue aimed to shed light on the factors contributing to the neglect and abuse of children, particularly those with disabilities, within the community. Facilitators guided community members to discuss and reflect on the challenges faced by vulnerable children, emphasizing the importance of traditional values in caring for and protecting minors and vulnerable adults.



One significant revelation during the dialogue was the impact of alcohol, drugs, and changes in lifestyle on the prevalence of child abuse and early marriages. Poverty emerged as a common thread, highlighting how economic struggles contribute to a lack of concern for one's neighbors and their children.



The discussion also unveiled a disturbing trend of parental neglect, where many children were left to fend for themselves, making them more susceptible to abuse. The community dialogue served as a platform for residents to open up about the underlying issues, fostering an environment conducive to addressing the root causes of child neglect and abuse.

The participants expressed excitement at having an open conversation about the challenges faced by families in caring for and safeguarding their children. The event served as a catalyst for community-driven initiatives to address the prevalent issues, with an emphasis on collaborative efforts to create a safer and more supportive environment for children.

In conclusion, the community dialogue organized by the Association of Sisterhoods of Kenya provided a much-needed space for residents of West Pokot to address critical issues affecting child care and safeguarding. By acknowledging the challenges and working collectively towards solutions, the community has indents to a significant step towards fostering a protective environment for its most vulnerable members.

Transformative Progress

In a spirit of unity and shared commitment to uplifting the lives of vulnerable children, the Association of Sisterhoods of Kenya and Catholic Care for Children in Kenya came together for their annual general meeting at the Dimese Centre in Karen, Nairobi, from the 14th to the 19th of September 2023. The meeting provided a platform to reflect on the progress of the program since its inception in 2018 and to discuss ways to enhance care reforms for vulnerable children.



AOSK-CCCK administrators following up a presentation during their Annual General Meeting back in September 2023.

One of the major achievements highlighted during the meeting was the successful reintegration of 2,344 children back into their families. It was particularly heartening to note that many of these children found their way back to their biological families, emphasizing the program's dedication to preserving family bonds.

Beyond the numbers, the participants celebrated the positive change in the hearts and minds of the target groups. The growing collaboration to enhance care reforms was also recognized as a step towards creating a more supportive environment for vulnerable children. A significant milestone was the training of numerous Catholic sisters in social work, enhancing their capability in case management for sustainable reintegration. Improved documentation in Child Care Institutions (CCIs) and the planning for the repurposing of these institutions added to the list of achievements.



Navigating Challenges: While celebrating achievements, the participants openly acknowledged the challenges faced by Catholic Care for Children in Kenya (CCCK). A notable challenge was the shortage of staff in child care institutions (CCIs) for follow-ups on families after reintegration. Some CCIs also expressed concerns about insufficient funds to send social workers for follow-ups, slowing down the reintegration process.

The participants were enlightened by Mr. Emmanuel from the National Council for Children Services (NCCS), who shared the government's new guidelines on care reforms. Emphasizing three major objectives outlined for the period 2022-2032, he encouraged active engagement with the government at all levels to collaborate in providing vulnerable Kenyan children without families a chance to be part of one.

Program manager's call to action: Holistic care and legal compliance: The CCCK Program Manager emphasized the importance of institutions being renewed by the government if they meet the necessary criteria. She urged participants to focus on reintegrating children holistically, aligning with the program's goal of providing family and community-based care. Stressing the need for legal compliance, she highlighted the importance of reviewing legal frameworks for CCIs in line with the Kenya 2022 Children Acts.

Looking ahead: Embracing change: The meeting concluded on a high note with members expressing aspirations to foster change in care reforms. The focus is shifting towards embracing community child welfare programs and gradually moving away from traditional charitable children institutions.

As we reflect on the outcomes of this annual meeting, it becomes clear that the Association of Sisterhoods of Kenya and Catholic Care for Children in Kenya are not just celebrating achievements but are actively working towards a future where every child in Kenya has the opportunity to grow in a supportive and nurturing family environment.

"AOSK-CCCK's Transformative Communication Mastery"

In a quest to amplify their voices and share the impactful stories of their transformative work, the AOSK-CCCK Program recently embarked on a journey of communication enhancement. From the 20th to the 25th of November 2023, the team delved into an intensive Communication Skills Training at Donum Dei, a training orchestrated through the collaborative efforts of AMECEA Communication Department and Loyola Centre for Media and Communications (LCMC).

What made this training truly exceptional was the gathering of Catholic Care for Children (CCCs) not just from Kenya, but from Uganda, Zambia, and Malawi. Together, these diverse entities united under a common banner of the pursuit of becoming effective communicators, the architects of their own narratives.



Participants following the training session organized by LCMC

The four-day training served as a melting pot of ideas and expertise, fostering an environment where each CCC learned the art of storytelling from their unique perspective. Facilitated by experts from Loyola Centre for Media and Communications, the training was tailored to empower the CCCs to communicate their success stories effectively to a wider audience.

At the heart of the training was the idea that CCCs could be the primary storytellers of their own journeys, especially concerning the pivotal role they play in championing care reforms in their respective countries and programs. The AOSK-CCCK Program, at the forefront of care reforms, recognized the crucial need for their stories to reach a wider audience. The training, therefore, came at a strategic moment, aligning with their intensified efforts to underscore the monumental milestones achieved.

Fr. Patrick Makau, an Administrator from Dala Kiye Children Home, encapsulated the essence of the training in his testimonial remarks. He said, *"Today marks a transformative journey for me, being able to be an effective communicator in narrating success stories in our journey of reintegrating children back to their families and communities."*

The training not only equipped the AOSK-CCCK team with enhanced communication skills but also sparked a transformative journey. It laid the foundation for the Program to become the architects of their own narrative, to eloquently articulate the impact of their work in reintegrating children back into the embrace of their families and communities.

As we look to the future, the AOSK-CCCK Program stands ready to share their stories with the world. Their commitment to effective communication is not just about telling stories; it's about shaping narratives that inspire, advocate, and champion the cause of care reforms in the most impactful way.

In a world that needs more stories of hope and transformation, the AOSK-CCCK Program is now armed with the skills to become powerful storytellers, narrating the journey of healing, reintegration, and the tireless pursuit of a better future for every child

AOSK INSURANCE AGENCY

The AOSK Insurance Agency was established in 2019 as AOSK Affinity. In 2021, it was fully registered and licensed by the Insurance Regulatory Authority (IRA) as AOSK Insurance Agency. The agency envisions being a leading insurance agency that empowers its clients with insurance. As enshrined in its mission, the agency is committed to ensuring that it offers competitive, innovative, and reliable support to its clients. The agency offers insurance products such as motor insurance, medical insurance, travel insurance, professional indemnity, WIBA/GPA (for employees and staff), GPA (students), fidelity guarantee, employer's liability, money insurance, machinery insurance, public liability, and pension (retirement benefits).

The agency has promoted and enhanced the efficiency and effectiveness of the products and services its clients have purchased. This has been made possible through the advisory of the products clients are purchasing, meeting underwriting guidelines and compulsory requirements by the Insurance Regulatory Authority (IRA). Through training and workshops by the agency, congregational finance personnel and superiors are able to make more informed decisions.

The agency is committed to developing stronger partnerships and collaborations with its service providers, which will enable it to co-create with different underwriters. In fostering mutual understanding of the challenges it has had over the past years, the agency partners have constantly paid them courtesy calls to discuss the way forward.



AOSK Insurance Agency Team pause for a group photo with a team from CIC

Since its inception, the agency's target clientele has been the AOSK member congregations, which have signed memoranda of understanding with nearly 58% of the member congregations. There has been tremendous growth in the number of clients over the last four years.

AOSK INFORMATION AND COMMUNICATION TECHNOLOGY

AOSK ICT

In January 2023, the Association of Sisterhoods of Kenya took a significant stride towards technological advancement with the establishment of its Information and Communication Technology (ICT) Department. This forward-looking initiative was born out of the recognition of the transformative power of technology in enhancing organizational efficiency, communication, and the overall impact of the association's mission.

The ICT department has a number of objectives which revolve around, Digital transformation, Enhanced communication, Capacity building, Data security and privacy, Collaborative and technology solutions, Innovation and research, and lastly development of ICT infrastructure development.

Achievements

The ICT Department has been at the forefront of transforming the technological landscape of the Association, achieving significant milestones since January 2023. Notable accomplishments include the successful enhancement of existing ICT infrastructure, a strategic initiative involving the upgrade and maintenance of hardware and software systems. This proactive approach has yielded a more reliable technological backbone, resulting in increased operational efficiency and minimized downtime.

In the realm of education, the department has played a pivotal role in implementing technology for blended learning at Chemchemi ya Uzima. This endeavor not only has embraced innovative educational approaches but also has elevated the learning experience for the students.

Moreover, the ICT Department has actively supported the procurement of IT-related infrastructure upon request by different programs in Tumaini and Chemchemi. Notably, the department has played a crucial role in improving online learning at Chemchemi ya Uzima by procuring additional projectors and strategically placing them in different classrooms, enhancing the overall educational experience.

A noteworthy achievement is the department's active contribution to the successful implementation of an Enterprise Resource Planning (ERP) system, with a specific focus on the HR and Payroll system. Ongoing projects encompass congregation management systems, JPIC portal, AU units Portal, Score ECD Database, and Hask database. Looking ahead, the department is poised for further advancements, including upcoming projects such as the implementation of an Accounting System, school management system, LMS, and various others slated for the next year. This comprehensive integration initiative is designed to streamline organizational processes, optimize resource management, and facilitate data-driven decision-making

Going above and beyond their core responsibilities, the ICT Department has showcased unwavering support for various administrators in the field. The team is actively involved with administrators in programs such as SLYI and CCCK, among others, ensuring proficiency in navigating various reporting tools on the website. Their proactive approach reflects a commitment to empowering administrators and fostering proficiency in utilizing the digital tools essential for their roles."

This commitment to empowering administrators with digital knowledge extends beyond a task; it represents a collaborative journey. Recognizing the importance of a digitally fluent administrative team, the ICT Department envisions a future where technology serves as an enabler, ensuring the success and thriving of every program under the Association in the digital era.

Participation in a cybersecurity training program, facilitated by TechSoup Kenya in collaboration with the Global Cyber Alliance, has equipped the department with enhanced skills. The acquired cybersecurity knowledge is actively applied to safeguard sensitive information and proactively mitigate potential cyber threats.



A section of AOSK Staff being trained on Cyber Security by a team from Techsoup

AOSK CHEMCHEMI YA UZIMA INSTITUTE

Integrative Spiritual Counselling Department (ISC)

St. Anselm Institute for Sabbatical and Integrative Spiritual Counselling was instituted in 2001. Its establishment was a response to the consistent call by various congregations that the AOSK should offer a program that would address the integral growth and development of religious Sisters, taking care of their spiritual, emotional, and psychological development. Until then, many Institutes of Religious Life were sending their members outside Kenya, especially to the UK for the same purpose. Subsequently, the AOSK opted to start a Kenyan Version of the UK Program. Starting the program in Kenya was to ensure that more religious women accessed the program and benefited from it. In collaboration with St. Anselm-UK, the AOSK organized a preliminary workshop on Psycho-Spiritual Growth (PSG) that was attended by 100 religious women in Kenya and facilitated by key persons from St. Anselm-UK including the director Fr. Len Kofler, MHM. Subsequently, nine sisters were sent for training in the UK in view of pioneering the St. Anselm Programme-Kenya, at the Chemchemi ya Uzima Institute with the following Personality Model which deals with the Higher and Spiritual self, the Middle, Conscious, and Intellectual Self, and the Lower, and Unconscious Self.

The program eventually commenced in October 2002 with three graduate sisters who had previously been trained at St. Anselm-UK. On their return, the nine sisters sent for training in the UK took over the running of the program which has since continued to attract participants from all over Africa and beyond.

Over 2000 women and religious men have been trained in the Institute since its inception, and the Personality Model has always been upheld. The Program consists of two courses; the St. Anselms Sabbatical Program and the Integrative Spiritual Counselling program.



Personality Model- The Central Aspect of ISC Program

The Achievements of the Program since its inception

Since its inception, a number of activities have taken place. Students who were admitted since then have completed their studies and graduated. Some have continued to a degree program at the Catholic University of Eastern Africa CUEA. The Diploma course has been a stepping stone for them to go higher. Much as COVID-19 inhibited many, the program picked on once again and continued successfully to date.

Areas Handled by ISC in the year 2023

The Institute had successes in the course of the Year 2023. The students successfully sailed through the two semesters of the year. Lectures were successfully carried out and term paper and final examinations were successfully administered.

Also during the course of the Semester, the Students had the opportunity to attend the seminar at Tangaza University College on World Mental Health Month with the theme; ***Mental Health, a Universal Right***. It was enriching because it touched the student's area of study as Integrative spiritual counseling is concerned.



ISC Students during a seminar at Tangaza University college

Lastly, during the year 2023, ISC Students participated in the Symposium, Cultural Day, and the Spiritual Trip. These are activities that help students to relax and share what they have with others. They share knowledge and the activities of each individual's culture, this is expressed in dancing, dressing, and the food they prepare to be shared by all, a way of appreciating cultural diversity



ISC Students during Chemchemi Cultural day

A Call out for Congregations to send Sisters to ISC

Integrative Spiritual Counseling is a therapy in which the therapist and client work collaboratively to invite in and include the client's spirituality, beliefs, religious and spiritual practices, and values into mental health treatment. Integrative Spiritual Counseling can be described as a relationship of one or more persons to another or more persons. This relationship helps a person to explore the thoughts, feelings, values, and general behavior of the client or clients. In this way, a person reaches a better understanding of how they relate with God, themselves, others, and the environment. In this case, the Sisters are empowered and they use all their strengths and resources for example, physical, psychological, and spiritual so that they can cope more effectively with their lives and ministries. The Sisters also learn to make enlightened decisions and take relevant action in various circumstances.

In the Integrative Spiritual Counseling, the Sisters are invited to invoke the help of the Holy Spirit in order to be open and reliable and to grow into the person God Wants them to become, thus a holistic and balanced life. Basing on this, we realize that most of us lack those potential and skills as human beings and religious as such. We therefore need to undertake this course at Chemchemi ya Uzima College to be in a position to understand ourselves, be open to the Spirit of God, and interact well with our community members, with all those around us especially in the area of apostolate, and with our environment at large. We therefore call upon the Institute Leaders across Africa and beyond to help the Sisters to acquire the skills needed for apostolate in this torn world we live in. The ISC at Chemchemi ya Uzima offers a holistic approach to counseling that considers the spiritual, psychological, and emotional dimensions of a person's life.

Institute of Catechetics and Pastoral Ministry (ICAPAMI)

Catechesis is one of the most important functions of the Church. Catechists thus need to be empowered in order to educate others in their faith through their word and example. That is why in 1986, the Association of Sisterhoods of Kenya (AOSK) intervened to give their contribution to this very important mission of the church. Thus, ICAPAMI was born as an intervention to form qualified agents of Evangelization

ICAPAMI has been affiliated with the Catholic University of Eastern Africa (CUEA), since 2001.

In 2014 ICAPAMI was upgraded to offer degrees. The Bachelor program came to be known as BTh.C, meaning, Bachelor of Theology in Catechetics.

The Achievements of ICAPAMI Program since its inception

ICAPAMI program has grown from offering Certificate to Diploma and from 2014 Bachelor's degree in Theology. Over 500 evangelizers of faith have been formed in the program. They are working in different capacities some are working in several dioceses as pastoral coordinators, formators, and head catechists in parishes, others have gone for further studies of which some have completed their studies and are lecturing in the Institute (ICAPAMI) and in different universities/colleges.

The department has developed new modes of teaching such as blended learning (onsite and online). The program of study is revised after five years in order to make it relevant to the needs of the society. The program has attracted nuns from the Monastery. Some have graduated with diplomas and others with certificates.

Since 2020, the program started to offer module certificate courses targeting the working class both lay, religious men and women, and those who are in the religious formation. So far almost 200 participants have benefited from this initiative.

Outstanding 2023 ICAPAMI Memories

Outreach at soweto slums good samaritan children's home

Soweto Slums Good Samaritan Children's Home is in Kayole Nairobi Kenya. The home takes care of orphans and vulnerable children in the society. It gets the children from the Children's Department in the government and helps them by paying their school fees, and giving them shelter, food, clothing, and medical attention. Currently, they have 60 children aged between 8 months and 18 years. The home relies on well-wishers. So far, the home has helped over two hundred children to actualize their dreams in the society.

On 25/02/2023 ICAPAMI students visited this home. It was a very enriching encounter full of fun, counseling, sharing lunch, learning from each other, playing, and presenting some foodstuffs and other items from both students and the administration of AOSK Chemchemi Ya Uzima College. It was a wonderful day interacting with the children there. After a moment of introduction and bolding, children were divided into different age sets. Each group was treated differently. The very younger ones were occupied with different games and the young adults were involved in group counseling.



ICAPAMI Students interacting with Children from Soweto Slums good Samaritan children's home

An interview with one of the contemplative nuns (Sr. Marie clare) who graduated in diploma of theology in catechetics and pastoral on 27th october, 2023

What I enjoyed most in the Institute of Catechetics and Pastoral Ministry (ICAPAMI)

Being numbered among the ICAPAMI students was a blessing to me in that apart from acquiring the knowledge, it was like an ongoing formation. I never expected that. Being in constant communication with the lecturers by inquiring some matters of academics, made me to learn more than I needed. They were so motherly and fatherly something, which really motivated me. I enjoyed almost every unit of the lectures because however, the subject seemed to be hard, the lecturers tried to simplify them to our level of understanding. This made life more lively and reduced tension. The discussions between online students and onsite students made us to learn more by employing different technologies like using Google Meet, zoom or even we could use group video call for the discussions. This was something new to me as a contemplative nun. More so, we were helped always to give a second chance to the neighbour or those whom we live with or journey with. Never to give up to anybody as conversion/transformation belongs to God.

How were you able to cope with the pressure of monastic life and studies?

Beginnings are always hard. From the first week of the course, I discovered that, things might not be easy for me. I had to inform my community in advance and they acted quickly by allowing me to be free from the community schedule. It was a great sacrifice for them but they knew very well that God always has a plan for everything. They supported me so greatly by both encouragement and helping in the knowledge of using the computer.

What impact does what you learnt in ICAPAMI make in the monastery?

As I aforementioned that taking studies in ICAPAMI was like an ongoing formation to me. I gained a lot and the community has benefited from me by simply sharing the knowledge that I received. Meaning that the whole community has been updated.

What advice would you give to others in contemplative life/monastery who would like to join ICAPAMI online learning?

In monastic life prayer and contemplation are very important components of the life. Thus, we need to be updated through theological studies and other related fields to help us deepen our relationship with God. ICAPAMI is ready to offer this knowledge for us, so please do not hesitate if you have the chance to do so. I as a contemplative nun has benefited a lot from ICAPAMI and why not you. ICAPAMI is utilizing technology to ensure that nuns are well equipped academically. In whichever country you may be, ICAPAMI is ready to reach you through online classes. My fellow nuns, you are all welcomed to join so that we may enrich our monasteries theologically.

CHEMCHEMI YA UZIMA FORMATION DEPARTMENT

The AOSK Chemchemi ya Uzima Formation program has been in existence since 1972. The Formation Program main goal is: **Personal formation and transformation for the sake of formation ministry in the religious life and the Church at large**

General Objectives

1. To expose participants to various aspects of spiritual life and growth that help them to get more in touch with their relationship with God, self, peers, and those being formed
2. To help the participants to learn how to discern the work of the Holy Spirit in their lives as well as in those of others
3. To enhance personal growth; deepen their knowledge of Christ and their role in His mission
4. To increase participants knowledge of religious formation
5. Formation program process: the process is intended to be collaborative and provide opportunities for participants to explore their own experiences of personal growth.
6. This exploration is done in the light of insights, lectures, seminars/workshops, personal reflections in prayer, one on-one counseling, spiritual direction and community living

By the end of the course, a student formator is expected to understand what formation ministry is all about, to have undergone their personal inner journey so as to help others do the same, to have fully accepted to render formation ministry, to have been healed of some outstanding personal issues and lastly to have acquired skills for the formative accompaniment of the candidates to be entrusted to them.

The formation department places a key focus on Strengthening the Initial and ongoing formation. To strengthen initial formation and ongoing formation for ministry the following activities which were designed to offer opportunities to nurture the vitality/quality of religious vocations have been carried out by AOSK through Chemchemi ya Uzima programs.

Initial Formation

Initial formation refers to the Aspirancy, Postulancy, Novitiate, and Juniorate stages of formation (these are the initial stages in religious life). These stages of formation have been strengthened through capacity building of formators, temporary professed sisters' workshops, and preparation for final vows.

Capacity building of Formators for Ministry

Training Formators

Training of the formator is aimed at strengthening of initial formation. These formators are prepared to work at different stages of the initial formation. The most important areas addressed in formation training that strengthen initial formation include: preparing candidates well to respond to their religious call. Formators are empowered with accompaniment and guidance skills that help them in their ministry of helping formees to discern their vocation better. Candidates are helped in their inner journey by processing their different issues through one on-one and growth groups. The year 2023 has had two groups of formators in training (2022/2023 and 2023/2024 classes)

Formative activities 2022-2023

The year began well on 9th /1/2023 when formation students resumed from their Christmas holiday break and formation experiences. Formation lecturers and workshop facilitators have been very committed to ensuring that students receive the best. The workshops selected for this second semester included: Enneagram and spiritual integration, Evaluation and assessment of candidates, Charism, Transactional analysis, and sexuality and human relationships. The participants appreciated the inputs and expressed that they were very helpful

The end of the year 2022/2023 class was marked by a successful and joyful graduation ceremony of 23 newly trained formators (17 sisters, 1 brother, and 5 priests) who left Chemchemi fully equipped with skills and empowered to carry out formation ministry in their respective congregations.



Chemchemi ya Uzima Institute graduating class for the year 2023

The new academic year 2023/2024 began on 6/8/2023. The first week was spend on orientation which helped student to bond. The following weeks were marked by a series of workshops followed by regular lectures which are still in progress..

The department has had workshops given to formators in the field to enable them acquire updated skills which are intended to help them handle emerging issues in the formation more efficiently and appropriately.



Formators Orientation 2023/2024 semester

Ongoing Formation

The aim of ongoing formation is to provide opportunities to sisters to nurture the vitality/quality of religious vocations in their on-going formation and thus provide empowerment to congregations for sustenance of religious life. The main ongoing activities that took place this year included a workshop for the temporary professed religious and an intensive preparation for those making their final commitment to the Lord. Preparation for final vows took place from the 15th of May to 30th of June 2023 and was conducted both Onsite and Online.

Short Courses

The formation program also houses a variety of short courses some online and others onsite. These short courses include Spiritual guidance training, basic music skills, Basic accounting skills, and Basic Computer technology.

Beneficiaries of AOSK Formation Scholarship (BAFS)

AOSK- Chemchemi ya Uzima formation department continues to respond to the call of empowering women religious in their prophetic call geared towards improving their quality of life and performance in their ministry through training, capacity building and on-going formation programs. With support from the Conrad Hilton Foundation to the Beneficiaries of AOSK Formation Scholarships (BAFS) through ACWECA Secretariat, the formation program has provided opportunities to sisters to nurture the vitality of their religious vocations. The formation program has implemented various activities including the preparation for perpetual vows, training of Trainer of Trainers (TOTs) and Formators in Preparation for their ministry.



Some of the Beneficiaries of AOSK Formation Scholarship (BAFS) with their mentors, after a thanksgiving Mass in which they gifted the AOSK Chemchemi Institute with the Statue of the Blessed

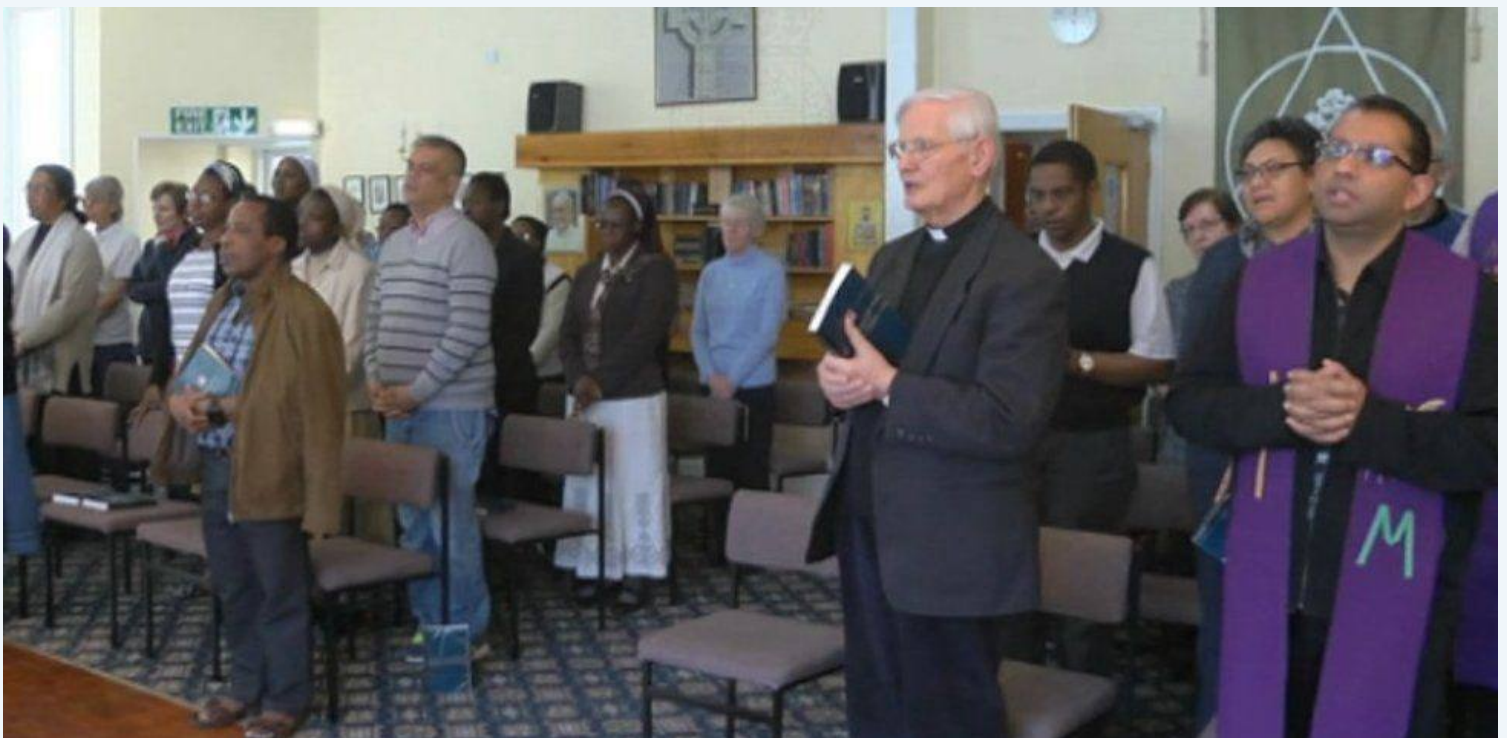
SABBATICAL PROGRAM

The St. Anselm's sabbatical course is a renewal program targeting religious women and men who are in need of rejuvenation. Sabbaticals Main Mission is strengthening relationship between self, God, others and environment through an experiential psycho spiritual renewal process.

Following the footsteps of Fr. Len Kofler, the founder of the institute of St. Anselm England, the St. Anselm sabbatical courses is a psycho-spiritual program that aims at helping the participants take an inner journey of self-discovery geared towards holistic healing renewal and integration. The terminology used in a journey from the head to the heart. It is centered on deepening relationships with self, God, Others, and the environment, taking the blessed trinity as the model of all relationships.

The motto of the program "COME AS YOU ARE" is a phrase derived from the Gospel of Mathew 11: 28, in which Jesus invites all to bring their burden to Him. It is on this note that the participants are received as they come without considering any academic credentials, race, color, nationality, culture, gender etc. Hence, the Sabbatical course encourages the participants to trust in the merciful love of Jesus to heal all their wounds. This helps one to become a wounded healer. Thus, being able to handle others with care and love.

The course by its nature is experiential, therefore participants are invited to venture into and explore their life experiences, understand the positive or negative impact they have in their life's and seek healing as need be. Furthermore, the course is residential to enhance a growth process that is devoid of much interference from the outside. Through lectures, personal and group therapy participants are called upon to revisit their major existential life situation address any unresolved issues, heal any long-standing wounds and find renewed strength to move on with their lives in a more authentic and fulfilling way. With hope that his will enhance effectiveness in the services they render to God and His people.

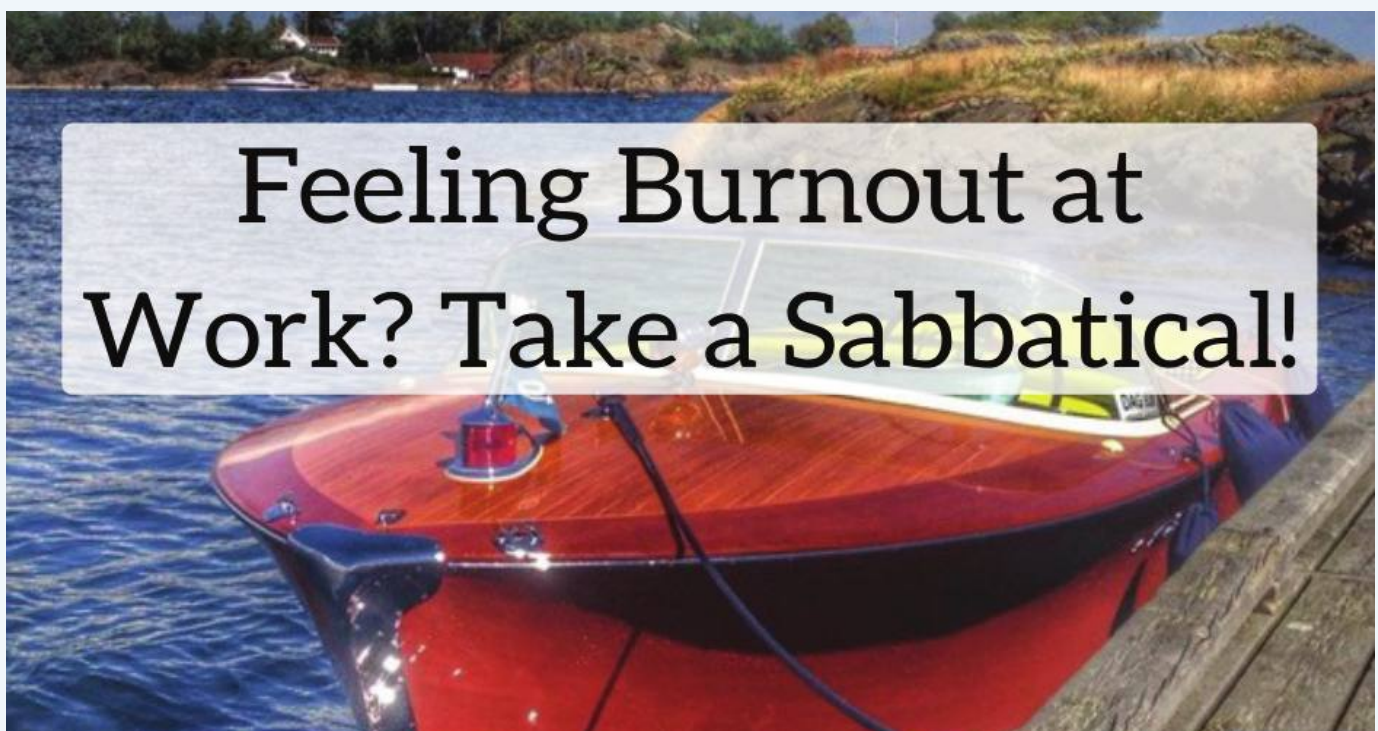


Eucharistic celebration with the founder of the program Fr. LEN Kofler in UK

About Sabbatical

By Sr. Gamu Pauline M. (SU)

Those who define it say it is a break from work or anything that has been keeping one busy. For me it is a beautiful time for one to come back to the 'self' because at times one might not be aware that I was not taking care of myself-the inner self, that I was drifting away from my priorities, goals, initial plans which I thought would lead me to certain goals and above all that I was drifting away from the Source of it all the God who called me. Sabbatical is a time to go back to the roots, go back to the beginning as they say in Latin, *Ad fontes*, meaning "back to the sources" hence I transfer this to go back to the source of life who is God, God who takes us back to the time we made conscious decisions to follow Him, serve Him by giving our all. I once conducted a retreat just a week before I came for the sabbatical program and I asked the women in the retreat if they remembered the promises they made during their confirmation. As I anticipated, none of them clearly remembered and I could not believe it. This is evidence that we tend to get so wrapped up with life and everything that it brings that we end up forgetting what is important to our very being. Our minds and our lives are so occupied that we neglect ourselves. I even discovered that when these women pray, they bring to God everyone else except themselves, and they forget themselves. The same is true to us religious. The sabbatical period therefore gives us insights on how to approach the world in which we live and work in. It allows us to navigate through our emotions and those of others, our reactions to various situations and the way of doing things. It encourages us to focus more on our inner self, deal with the present and forgotten aspects of our lives, bringing them to life and assess how they have influenced and shaped our growth. I bet we have all reached a point when we wanted to give up, a moment we thought to ourselves that "I must be crazy or abnormal to keep holding on to this miserable life in spite of all that I have been through". It is crucial that we remind each other that it is alright, just like the song "it's ok" by Nightbirde which states that "If you are lost, we're all a little lost and it's alright..." We have been through it all but now is the time to face and fix it, now is the time to let go of our painful experience, embrace the present with hope and allow God to take control.



**Feeling Burnout at
Work? Take a Sabbatical!**

HEALTH ASSOCIATION OF THE SISTERHOODS OF KENYA

Phase 1 of the Non Communicable Diseases (NCDs) Campaigns.

Universal health coverage (UHC) is all about people having continuous access to the full range of quality health services they need, when and where they need it, and without financial hardship. UCH covers the full continuum of essential health services, from health promotion to prevention, treatment, rehabilitation, and palliative care. Good health systems are rooted in the communities they serve. They focus not only on preventing and treating disease and illness but also on helping to improve well-being and quality of life. The Health Association of Sisterhoods of Kenya (HASK) has continued to grow in the quest to serve humanity, complementing the government efforts for Universal Health Coverage through a network of 82 Catholic health facilities. These health facilities have been carrying out NCDs awareness and screening for prevalent NCDs in the community mostly in hard-to-reach areas. HASK is intending to reach more than 2million people before the end of 2023 through health education and screening for NCDs.



HASK Monitoring and Evaluation site visits to Health facilities in 2023

HASK Annual General Meeting

From the 20th to 22nd of November 2023, Eighty-two administrators from the sisters-led health facilities that are under HASK gathered at Dimesse Sisters for the annual general meeting. The team's main objective was to evaluate the NCDs activities that have been conducted for the whole of 2023. During the AGM, administrators shared more on what they had learned during the implementation of the NCD campaigns. They also shared the challenges they faced while implementing these activities and how they overcame these challenges. On a positive note, the administrators shared that they had seen an increase in the number of patients attending their health facilities after taking the initiative of reaching out to them in their communities. The administrators also shared that through the grants given to them by HASK, they were in a position to buy some tools of work that helped them greatly in implementing the NCDs campaigns. All in all, the AGM was a success and the administrators were more grateful for the support that HASK has continued to offer for the past three years it has been in existence.



HASK Program Manager Sr. Regina Nthenya, SSJ addressing the administrators during the 2023 Annual General Meeting at Dimesse Centre

Free Medical Camp

To wrap up the year 2023, the Health Association of Sisterhoods of Kenya conducted a Free Medical Camp targeting all religious women in Kenya. This activity was conducted at St. Mary's Hospital in Lang'ata. During this day, sisters showed up in huge numbers to be screened for different diseases. Some of the services given included, Psychological Counselling, Breast Examination, Orthopedic Clinics, Eye Clinic, Dental services, Consultations, hypertension and Diabetes screening just to mention a few. To implement this activity, HASK collaborated with several Partners who came through to ensure that this day was a success. These partners included the Family Health dental clinic, The E-tiba, The Heri wellness Centre, and Chem Labs Limited amongst many others. More than 60 healthcare providers turned up to support HASK in implementing this day. At the end of the day, the sisters expressed their Joy for the free services they had received and applauded HASK for their tireless commitment to championing health matters.



Sisters being attended too during the free Medical Camp at St. Mary's Hospital in Lang'ata



Sister Regina Nthenya, SSJ giving a word of gratitude to administrators and partners after a succesful free medical camp







Association of Sisterhoods of Kenya Chemchemi ya Uzima College

AOSK Chemchemi ya Uzima Institute is an oasis of peace & quiet in the heart of Karen. It is a magnificent place with spacious, modern facilities and a serene environment,

We offer academic courses in Theology and Counselling to all and Formation and Sabbatical for the religious from all over the world.

We work in partnerships with Catholic University of Eastern Africa (CUEA) and Tangaza University



PROGRAMMES

Institute of Catechetical and Pastoral Ministry (ICAPAMI)

ICAPAMI provides courses that are set up to prepare qualified educators of faith, who effectively transmit the Gospel values by empowering people who will in turn contribute in the transformation of our society today. Open to Priests, sisters and lay people

ACADEMIC COURSE	DURATION	INTAKE
Certificate (Module)	10 Weeks	January & August
Certificate (Regular)	1 year	August
Diploma	2 years	August
Degree	4 years	August

Integrative Spiritual Counseling (ISC)

ACADEMIC COURSE	DURATION	INTAKE
Certificate (Module)	10 Weeks	January & August
Certificate (Regular)	1 year	August
Diploma	2 years	August

Non-Academic Courses

	DURATION	INTAKE
Formation	1 year	January & August
Sabbatical	4 months	January & August

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