

# NEWSLETTER

## The Monthly Newsletter for the Association of Sisterhoods of Kenya

### What is inside this Issue:

- > All Saints Day
- > Pope's Prayer Intentions November 2024
- > The Legal Office
- > Care for Aging Sisters Association Kenya
- > Health Association of Sisterhoods of Kenya
- > AOSK Catholic Care of Children in Kenya
- > AOSK Justice, Peace & Integrity of creation
- > AOSK SCORE ECD
- > AOSK SLYI
- > Chemchemi ya Uzima College.
  - > ISC
  - > ICAPAMI

Rome to the Virgin Mary and all Martyrs, and instituted All Souls' Day as a subsequent observance. Although millions, perhaps billions, have attained sainthood, All Saints' Day celebrations typically focus on recognized saints canonized by the Catholic Church. The day is an opportunity to give thanks to God for the lives and deaths of these saints, both famous and obscure. It also serves as a reminder of the ultimate goal of all Christians to attain the beatific vision in heaven.



### ALL SAINTS' DAY

All Saints' Day, a Solemn Holy Day of Obligation in the Catholic Church, is celebrated annually on November 1st. On this day, the Church honors all saints, both known and unknown, including martyrs, confessors, and the countless souls who have attained heaven. It is important to distinguish this from All Souls' Day, observed on November 2nd, which is dedicated to praying for the souls of the departed who have not yet reached heaven.

While the exact origins of All Saints' Day are uncertain, it is believed to have been formally established by Pope Boniface IV in 609 AD. He consecrated the Pantheon in

### Pope Francis Prayer Intentions: November 2024.

#### *Prayer for those who have lost a Child*

“There are no words” that can console a parent who has lost a child, Pope Francis said in his video message for November prayer intention. Although we have words for those who have lost spouses or parents, there are no words for those

who have lost their children.

Even attempts at consolation, words of consolation, can seem banal or sentimental; even when uttered with the best intentions, “they can end up aggravating the wound.”

Instead, the Pope said, “To offer comfort to these parents who have lost a child, we need to listen to them, to be close to them with love, to care responsibly for the pain they feel, imitating how Jesus Christ consoled those who were afflicted.”

He noted, too, that parents who are sustained by faith can also find comfort in sharing their grief with others who have experienced a similar loss, and who have

been “reborn in hope.”

Pope Francis’ prayer intention for November is “that all parents who mourn the loss of a son or daughter find support in their community, and may receive peace of heart from the Spirit of Consolation.”



## THE AOSK LEGAL DESK

### *Legal Aid in Nairobi west prison*

The Law Society of Kenya has been creating legal awareness and giving legal support to the vulnerable classes of people in Courts and prisons. Advocates were selected to give legal support across the Law Society of Kenya branches in Kenya. At Nairobi West Prison, the administrators were grateful for having the advocates to help create legal awareness, listen to the cases of inmates, and be in a position to help and guide them. It was noted that most prisoners are in jail and are sentenced without understanding their cases and some face unfair judgment because they do not understand the trial process right from the police station where they are charged to appear in court as accused persons until judgment. Some complained of long stay in remand because the complainants do not appear and courts keep adjourning their cases and because they lack legal support, they fail to navigate through. The Deputy in charge of the prison in his remarks mentioned that the prison has 557 inmates where the majority are on remand while the rest are already sentenced. Some of the prisoners are transferred from Kamiti for rehabilitation and information. Some of the inmates expressed their frustrations with the revision of bail and bond terms. Further, courts are not willing to give bond pending appeal. In addition, the inmates also pointed out the fact that the president has failed to make use of the power of mercy under Article 138 of the Constitution of Kenya hence the prisons are congested and some who merit the power of mercy do not enjoy this right. They requested the Law Society of Kenya to follow up on the question of the power of mercy, bail, and bond review, and devise ways in which the inmates can have adequate legal support and to interact with the court user committee where they can also voice their concerns. They also noted the discrimination that happen in some courts in terms of award of bail and bond terms. Overall the prisoners were happy and grateful for the opportunity to interact with advocates to make inquiries and ask questions pertinent to their cases.

*By Sr. Hedwig Muse, Esq LSMIG*

# CARE FOR AGING SISTERS ASSOCIATION KENYA

## *Strategic Plan Launch*

On October 11, 2024, the Care for Aging Sisters Association Kenya (CASAK) launched a five-year strategic plan to guide its activities until 2029. The event, held at the Holy Family Basilica in Nairobi, was attended by key figures from the Catholic Church, who gathered to witness this significant milestone for CASAK. Founded in 2021 under the initiative of the Association of Sisterhoods of Kenya through the Assumption Sisters of Nairobi, CASAK aims to support congregations in caring for their elderly sisters, who often face various challenges as they age. The program is funded by the Conrad N. Hilton Foundation. During her address, CASAK Chairperson Sr. Josephine Kangogo, DSH, highlighted the challenges associated with old age and expressed concern over the lack of dignity and compassion shown to aging religious members in some communities, despite their years of selfless service. She emphasized that the strategic plan is designed to enhance the physical, emotional, and spiritual well-being of aging religious women in Kenya. *“These are heroes who have served our society for many years. They have given their time, expertise, and energy to serve others, and therefore we must scale up our holistic care for our aging Sisters so that they can age gracefully and with dignity,”* Sr. Kangogo noted. Developed in collaboration with the 22-member Congregations of the Association of Sisterhoods of Kenya, the CASAK strategic plan aligns with the organization’s mission and vision of providing holistic care for the elderly and infirm. The plan outlines objectives aimed at ensuring that aging Sisters live with dignity, including improving infrastructure in member congregations to create habitable environments. In her remarks, CASAK Managing Director Sr. Agnes Wamunyu described the October 11 event as a milestone and expressed hope that all 175 congregations under the Association of Sisterhoods of Kenya (AOSK) would soon join CASAK. She emphasized the organization’s commitment to advancing care for the elderly and invited all, especially those who feel neglected or abandoned due to their age, to join CASAK in its efforts through training, consultations, and partnerships.



*CASAK Members during strategic plan launch on 10/11/2024*

*By Mr. Victor Emoja*



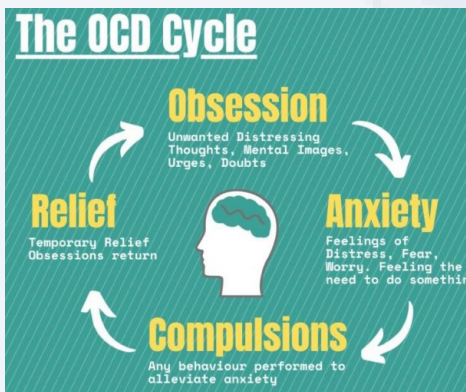
# HEALTH ASSOCIATION OF SISTERHOODS OF KENYA

## *Understanding Obsessive Compulsive Disorder (OCD)*

There are many mental disorders that manifest differently to different people. Some of them may not be so clear and may appear as normal yet they have a negative impact on the individual. Obsessive-compulsive disorder can be identified both in adults and children and because it only disturbs the sick person may not be taken as seriously and so many go without treatment. Let us unpack the condition to signs and symptoms, causes and risk factors, and then interventions.

### *Signs and symptoms*

- Recurrence of intrusive thoughts and images that are not rather needed and may cause a significant amount of fear and anxiety. A good example is the fear of contracting a disease. The person may wash hands



repeatedly even when there is no need.

- They have a fear of losing control especially that obsessive behavior they want to control

- Time-consuming repeated rituals, such as rechecking doors and rearranging clothes and rooms.

- Avoidance of people, places, and events that might trigger their behavior

- Emotionally they experience distress and high levels of anxiety

OCD can be genetic, biological environmental, or psychological. If a child grows up in a family with domestic violence, they may experience trauma which is a risk factor. Those people with personality traits of perfectionism can suffer from this disorder. Significant life changes can trigger these problems, especially in children. Hormonal imbalance in neurotransmitters, especially Serotonin, plays a significant role in physiological and psychological functions. This hormone helps to regulate the feel-good in the body e.g., moods, sleep, and appetite control among others.

A combination of medication and psychotherapy will bring good results. In most cases, cognitive therapy is used to help the patient become more rational by challenging irrational behavior and modifying mistaken beliefs. Again, Exposure and response therapy is where a therapist takes you through a situation that triggers obsession. This may heighten the anxiety initially but it goes down on its own without one repeating the obsessive behavior. Listening to this person and being patient with them helps them to heal faster and feel accepted. In conclusion, compulsive obsessive behavior is a complex condition rooted in various genetic, environmental, and psychological factors. Understanding the causes and effective treatment options is essential for those affected, as it allows for a path toward managing and alleviating symptoms.

*By Sr. Regina Nthenya, SSJ*

## A STITCH IN TIME SAVES NINE

**T**he year 2024 is a special gift from God. I feel that I have been granted a new beginning similar to the blind man who received his sight from Jesus (Mark 8:22-26). It is often said that experience is not what happens to us but rather what we do with what happens to us!

### *What have I learned from recent times experiences?*

On 9th January, 2024, I went to the hospital for my routine wellness check-up exactly a year after my last visit. To my shock within a span of that year, I had developed a tumour in my left breast. The diagnosis confirmed it to be malignant. The news was overwhelming, the shock, the fear and the looming thought of cancer with all its implications were too much to bear.

Cancer is a noncommunicable disease, it does not discriminate based on age nor gender or social status. The stigma and myth surrounding cancer are deeply distressing and often the mere thought of it makes one feel worse. It was alarming because I had no symptoms or pain at all.

### *Why am I sharing this story about my health journey?*

As I reflect on my experience and with October being Breast Cancer Awareness Month, I believe my best gift I can offer to my fellow Religious Women is a call to self-care, routine medical check-ups and courage to make informed health decisions.

Dear sisters, my appeal to you is to learn from this experience. Do not wait until you are feeling unwell to schedule a routine check-up you may not know what is happening within your body. For those of us who have medical insurance let us make use of it. Many of us are covered for such wellness check-up but fail to us this benefit. For Congregations that do not have access to such provisions it would be prudent to support your members by facilitating routine medical examinations. Let us make a commitment to routine check-ups and encourage our community members to do the same.

From my experience early diagnosis leads to early treatment, less pain and low cost. If we avoid medical check-up and wait for symptoms to manifest the situation can become more difficult and costly to manage. Early diagnosis has truly saved my life and the best option is to undergo regular check-up to detect and address any potential health concerns.

As a member of a Cancer Support Group and based on advice from my doctors, I have learned Cancerous tumors are often painless until the condition progresses. You could be carrying one without knowing as I did until it is almost too late. Please it is important to take any growth or lump seriously. Consult your doctor promptly to ensure it is addressed in a timely manner.

This year gift yourself the peace of mind that comes with a wellness check-up especially during this Breast Cancer Awareness Month because *\*A stitch in time saves nine!!!\**

***By Sr. Sr. Ann Gathegu, MSHR***

# AOSK CATHOLIC CARE FOR CHILDREN IN KENYA

## *Promoting Care Reform and Safeguarding in Kenya*

**O**n October 20, St. Mary's Pastoral Centre in Nakuru became a gathering point for Catholic Sisters across Kenya, committed to advancing care reform and safeguarding practices. Organized by the Association of Sisterhoods of Kenya (AOSK) and the Catholic Care for Children Kenya (CCCK), the event emphasized the role of Sisters in the community as both educators and gatekeepers, tasked with preventing the separation of children from their families and promoting family-based care over institutionalization.

The AOSK CCCK's ongoing mission aims to increase awareness of safeguarding practices among Catholic Sisters serving in various pastoral ministries such as education, healthcare, catechism, and social work. At the Nakuru workshop, the sisters engaged in in-depth discussions on their pivotal role in promoting family-based care, which was aligned with both Catholic teachings and Kenyan law.

The discussions highlighted the 2022 Children's Act, which underscores the primary responsibility of parents as caregivers and advocates for strengthening families to reduce the reliance on institutional care. Reflecting on this, the sisters explored how Catholic social teachings prioritize human dignity and family cohesion as foundational social service elements. This is particularly relevant as many Charitable Children's Institutions (CCIs) in the Catholic Church are founded and managed by Sisters. As such, the sisters' roles extend beyond administration to embracing care reforms as a core component of their mission.

Safeguarding was a primary focus, with the work-

shop addressing the critical responsibility of religious communities to protect minors and vulnerable adults. Following the exhortation by Pope Francis in *Motu Proprio Lux Mundi*, the Catholic Church has made strides in reinforcing safeguarding measures. This has led to revisions in Canon Law (specifically Canon Book 6), further solidifying the Church's commitment to preventing abuse and ensuring justice and reparations for affected individuals. During the workshop, the sisters were briefed on these changes, recognizing the Canon as a powerful tool in safeguarding children and vulnerable adults within their congregations and beyond.

The workshop culminated with an empowering session where the sisters shared their gratitude for the newly acquired knowledge and understanding of their responsibilities in care reform and safeguarding. Many expressed a commitment to ensuring that their communities and ministries are safe and nurturing environments for all. They also pledged to educate their local communities on effective safeguarding measures and the protection of minors and vulnerable adults.



*aosk-ccck program manager taking participants through safeguarding and how is key for care reforms*



On October 25, 2024, the Association of Sisterhoods of Kenya Catholic Care for Children Kenya (AOSK CCK), along with 10 congregations within the wider AOSK fraternity, celebrated a significant milestone as 12 Sisters graduated with degrees in Social Work from the Catholic University of Eastern Africa. The atmosphere was one of gratitude and accomplishment, as this group joined the ranks of 27 other Sisters—16 certificate and 11 diploma graduates—who completed their studies in social work in 2022. This achievement highlights AOSK's commitment to strengthening its workforce, and empowering Sisters with the knowledge and expertise necessary to drive meaningful care reforms under the Catholic Care for Children program, which emphasizes holistic, family- and community-based care for children.

When AOSK launched the Catholic Care for Children program in 2018, it identified a pressing need for skilled professionals dedicated to the care and protection of minors. This initiative, inspired by the Holy Father's call to safeguard minors and vulnerable adults, supports the sisters' prophetic mission to evangelize through their charisms of care. The program also resonates deeply with the Catholic Church's teachings on social justice, the preferential option for the poor, the dignity of every person, and the importance of family participation. These guiding principles have led congregations with care-focused charisms to incorporate the care reform framework into their mission, enriching their commitment to the well-being of children.

This graduation stands as a proud testament to AOSK's achievements in capacity building, professional development, and fostering collaboration. By supporting Sisters in gaining these qualifications, AOSK has enhanced its ability to ensure children can grow up in loving families or family-like environments, even in the absence of biological parents. With their new skills, these graduates are well-prepared to champion best practices in case management, strengthen legal frameworks, engage in community sensitization, and act as gatekeepers for the protection of minors.

AOSK extends heartfelt congratulations to the graduates and best wishes for a fulfilling mission of care, knowing that they are equipped with both the passion and the professionalism to transform the lives of those they serve. AOSK also offers deep gratitude to the GHR Foundation, whose support has enabled Sisters to pursue education that will impact communities profoundly.



*The graduands celebrating their achievement after holy mass at the Catholic University of Eastern Africa* **By Sr. Delvine Mukhwana, DHM**

# AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

## *Climate Change and Carbon Credits: The Legal Perspective*

**K**CCB in collaboration with AOSK – JPIC alongside other civil society organized a training on climate change and the growing projects on carbon credits that are currently taking shape in Kenya even though the majority of people have very limited information about it including the elites. In a nutshell, Carbon credits are permits that allow the owner to emit a certain amount of carbon dioxide or other greenhouse gases (GHGs). One credit allows the emission of one ton of carbon dioxide or the equivalent of other greenhouse gases. Carbon credits are also known as carbon allowances. The ultimate goal is to reduce emissions of carbon in the air. At COP 27, Kenya's President His Excellency Hon William Ruto predicted that Kenya's next significant export would be carbon credits. He called for simplified, transparent carbon market systems that directly benefit communities and not just intermediaries. This set the stage for the recent legal developments in Kenya's carbon market space in the past year. Before the amendment of the Climate Act, carbon finance and carbon markets in Kenya operated in a legal lacuna. It is therefore not surprising that there exist claims and allegations of exploitation of Kenyan farmers and local communities by carbon project proponents, skewed benefit-sharing arrangements, wrong reporting or measurement of carbon emission reduction, forceful evictions, and cultural disruption.

In September 2023, the Climate Change Act, No 11 of 2016 (Laws of Kenya) (the Climate Act) was amended to provide express regulation of carbon markets in Kenya. The Climate Act was amended in particular to guide the development and implementation of carbon markets in compliance with international obligations, to provide policy direction on carbon markets, and to develop benefit-sharing mechanisms in carbon markets. The amended Climate Act now provides for the establishment of a national carbon registry in Kenya and regulates trade in carbon credits. Carbon trading projects are now required to undergo mandatory environmental and social impact assessment under Kenya's environmental laws.

Further, the amended Climate Act provides for the introduction of community development agreements to regulate the relationship and obligations of the project proponents with impacted communities in carbon trading projects. Community development agreements must expressly provide for: i) an annual social contribution of at least 25 per cent of the aggregate earnings of the previous year to the community, to be managed and disbursed for the benefit of the community; ii) sharing of the benefits from carbon credits between the project proponents and the impacted communities; and iii) development of communities around the project.

Under the amended Climate Act, it is now an offence under Kenyan law to willingly conduct unauthorized trade in carbon credits, give misleading information relating to environmental or financial gains from the carbon market, engage in money laundering through carbon trading, knowingly sell carbon credits to unauthorized entities, or fail to maintain carbon credit records.

***By Sr. Hedwig Muse, Esq LSMIG***



### *Interfaith Dialogue at Ufungamano.*

The religious leaders drawn from the National Council of Churches of Kenya, the Kenya Conference of Catholic Bishops, and the Supreme Council of Kenya Muslims convened at Ufungamano House, Nairobi, to review the state of the nation. They all agreed that Kenya is going through a very difficult period that is a man-made disaster. They made a press statement calling upon the duty bearers in the governance to take action and address issues that are seriously affecting Kenyans touching on their livelihoods and welfare. The Religious recommended the following:

The government to immediately conclude the constitution of the IEBC Commissioners Selection Panel, and have it facilitated to carry out its mandate in the shortest time possible. The Speaker of the National Assembly to appoint the representative of Parliamentary Service Commission, and the Political Parties Tribunal to resolve the dispute touching on representative of Azimio Coalition without further delay. In addition to cancel all the contracts that have been issued to Adani related companies that have been or are seeking to be entrenched in health sector, electricity transmission and management of the Jomo Kenyatta International Airport. Adani related companies are not investors to the extent that they are not bringing in money into the country, and are therefore seemingly merely a front for companies of Kenyan officials. They reminded government officials that across the world, countries that engaged Adani related companies, which include India, Australia and Bangladesh, are today crying and seeking to cancel the same. Further, Parliament is to withdraw all the anti-people bills that have been tabled without delay. These include all

the nine agriculture-related bills, as well as the Constitution of Kenya (Amendment) Bill 2024 which seeks to extend the term of elected leaders from five to seven years. Parliamentarians should serve Kenyans or resign to go and serve their other interests.

Besides, the country should revert to the National Health Insurance Fund (NHIF), coupled with a suspension of the implementation of the Social Health Authority / Social Health Insurance Fund laws until the transition is made seamless, and the new model facilitates justice for Kenyans. The Religious leaders also demanded that the new university funding model be suspended to allow for further consultations and to ensure justice and fairness to all students. Whereas the Constitution of Kenya 2010 provides for the impeachment of the Deputy President, this is the first time in the history of the nation this process is being undertaken. The religious leaders called upon the Senate to ensure justice is done and seen to be done, recognizing that what they undertake will set a precedence for the nation. The Religious leaders wished that Members of Parliament exercised similar energy and resources on matters that are priority to the lives of the people of Kenya as they have in debating the impeachment. Further, they called upon His Excellency President William Ruto to speak on the matter of the impeachment of the Deputy President. This is not only a matter of national interest, but also one concerning the principal assistant of the President, and Kenyans have a right to know the President's position on the matter. They however urged the people of Kenya to remain peaceful regardless of the outcome of the impeachment process.



*The religious leaders giving a press statement at Ufungamano*

*By Sr. Hedwig Muse, Esq LSMIG*

## AOSK SCORE ECD

### *SCORE ECDIII Close-Out Meetings in Siaya and Kisumu*

The Strengthening Capacity of Religious Women in Early Childhood Development (SCORE ECD) program, generously funded by the Conrad N. Hilton Foundation, is dedicated to elevating the skills and expertise of Catholic sisters engaged in early childhood education. As this impactful project approaches the closeout of its third phase, the Franciscan Sisters of St. Anna and the Franciscan Missionaries of St. Joseph, as well as AOSK staff organized a stakeholder's close-out meeting in October.

During this stakeholder's meeting, master trainers took center stage to share and illustrate the key interventions and accomplishments achieved throughout phase three through an innovative care group model, fostering a community-driven approach. The noteworthy interventions implemented were;

1. ***Childhood Development (ECD)*** - Nurturing Care Framework.
2. ***Integrated Mother-Baby Course (I-MBC)***: This comprehensive postpartum program is designed to equip caregivers with strategies to manage stress during both pregnancy and lactation, ultimately nurturing the well-being of mothers and their infants.
3. ***Saving Internal Lending in Communities (SILC)***: This innovative methodology empowers caregivers by facilitating access to loans, enabling them to support their families financially and improve their livelihoods.
4. ***Smart Couples***: This initiative seeks to strengthen marriages and long-term partnerships through a structured approach that emphasizes joint decision-making and action planning. With foundational pillars of love, faithfulness, respect, and communication, it employs a unique house model to help couples build robust

relationships. These diverse efforts collectively contribute to the enhancement of caregivers' skills, nurturing essential caregiving behaviors, and the overall improvement of early childhood development practices, creating a nurturing environment for the youngest members of the community. Moreover, the Master trainers emphasized how it was important to build strong networks and collaborations among Catholic sisters and other stakeholders, striving to advocate effectively for the Nurturing Care Framework. This advocacy extends to active involvement in both county and national initiatives aimed at promoting nurturing care practices. During the meeting, the stakeholders reported and acknowledged several notable successes during implementation, including the effectiveness of training programs, robust community engagement, fruitful partnerships, and the sustainability of caregiver support systems. They also expressed a desire for the program's reach to expand into a broader geographical area. They also shared significant challenges related to logistics and cultural barriers that hindered outreach efforts. These insightful discussions played a crucial role in identifying strategic recommendations for enhancing the efficiency, effectiveness, and sustainability of the program, ultimately shaping potential future phases and influencing other ECD initiatives in the sisters' institutions and the communities where sisters are working.



*Participants Keenly following up a session during the stakeholder meeting in Siaya*

*By Sr. Teresa Yator, ASE*

## AOSK SISTER LED YOUTH EMPOWERMENT INITIATIVE

The United Nations sustainable development goal 8 is decent work and Economic growth. The goal regards the attainment of sustainable and inclusive economic growth which can drive progress, improve living standards and create decent work for all. This include equipping young people with the necessary knowledge and expertise to compete and succeed in the job market. Youth form 35 percent of the Kenyan population and have the highest unemployment rate at 12.7 percent. This young people enter into the labor market annually without any skills, some having either dropped out of school or completed school and not enrolled in any college. This youth are vulnerable to unemployment, poverty, teen marriage, pregnancy, and engaging in risky behaviors.



At the beginning of the year 2024, the Sisters Led Youth Empowerment Initiative in partnership with 50 Catholic led Vocational and technical training institution enrolled over one thousand youth to acquire knowledge and skills in different courses. On October 25, 2024 the AOSK-SLYI team was elated to witness the graduation of 295 students from the Imani Marainists technical training, among who were AOSK-SLYI beneficiaries. As they embarked on their professional journeys they were reminded to face the world with a sense of responsibility, strive for continuous learning, and utilize the skills and competencies acquired to uplift themselves, their families and also make a difference in society.



*Students from the Imani Marinist Technical Training during their graduation.*

*By Mrs Caroline Wamiti*

## **AOSK NSURANCE AGENCY**

### ***Crop and Livestock Insurance.***

**C**rop and livestock insurance are important hedging instruments to farmers because they offer protection in the occurrence of adverse events such as disease or climatic disasters. These insurances assist farmers in coping with factors like moderate draughts, floods, frost, diseases, or pests which could virtually wipe out crops and livestock.

Crop insurance can be for virtually any crop, with coverage based on certain perils or yields. This keeps farmers with revenue-based policies that cover yield loss as well as dips in the price of produce, or yield-based policies that only address lost production. They generally include crop type, geographical location, historical yields, and the level of coverage.

Likewise, livestock insurance also provides indemnity protection for animals like cattle, poultry, and sheep, against diseases, natural calamities, and any kind of mishap. Policies can be designed as mortality policies for each specific animal or as policies that cover the whole herd. They underpin farmer income and contribute to

what needs to be stable food value chains as the monetary effect of lost livestock is diminished.

Usually, the government intervenes in the programs to ensure that the insurance prices are low to allow many farmers to embrace insurance programs. This secures the future of agricultural production, guarantees food security, and fosters the development of the rural economy by letting farmers confidently gear up their productions with the understanding that there will always be risks.

*By Mr. Francis Mutuku Mbwele*

## AOSK CHEMCHEMI YA UZIMA COLLEGE

### *Integrative Spiritual Counselling*

**A**s the semester moves to maturity, the Integrative Spiritual Counseling (ISC) Students actively takes up the initiative to participate in the activities of the academic year calendar. As usual, things are slowly moving to the close. It is with a lot of pleasure that the students are getting deeper and deeper in their academic journey as they prepare to go out and meet the challenges that our people are facing in our various countries.

During the month of October, the students participated in the research challenge at the college and presented a counseling paper. The topic was well selected and they successfully demonstrated what they are going to practice out there upon completing their course. To put some clarity on counseling, their research focused on the brief history of counseling where they said, Counseling as a formal profession had its roots in the late 19th and early 20th centuries that it emerged as a response to the growing industrialization and urbanization in Western societies. They asserted that early forms of counseling were tied to vocational guidance, as professionals sought to help individuals navigate the complexities of the changing workforce. This was a wonderful observation that gave the students of other departments a tip of where this subject originated from.

Secondly, they systematically made clear what counseling is, and what counseling is not. This has sometimes posed a challenge to many who think counseling is giving advice. They, however, clearly stated, that, Counseling is not simply giving advice or telling individuals what to do. Unlike advice, which typically involves offering solutions based on the counselor's perspective, counseling encourages clients to explore their thoughts, feelings, and options to arrive at their conclusions. They added that it was not a quick fix of something; it requires time and active participation from both the counselor and the client among others.

These were major areas that informed us that our Sisters taking ISC training are aware of what they are pursuing, and preparing to support clients with different challenges, to make their informed decisions. As we have always said, our people are stressed and traumatized in various ways, and to come out of such situations, they need skilled counselors who know what they are doing, and those able to empathize and listen attentively to their clients.

As we have always observed, each passing day especially in our country, presents devastating issues, that affect a human person. These situations leave many downcast, defeated, and giving up in life. For example, we are

experiencing abductions, killings impeachment, and false accusations that add salt in the wound. What do we think these people need in life? How do we help them to heal, recover and live a normal life like any other person? All this points to the required soft skills and principles counselors need to accomplish their services.



*Presenters of the Symposium day, the ISC students consulting each other*

*By Sr. Sophia Wanyama, LSMIG*

## *ICAPAMI(Institute of Catechetics and Pastoral Ministry)*

### *ICAPAMI Celebrates Graduate Success at CUEA's 43rd Graduation Ceremony*

**O**n October 25, 2024, the Institute of Catechetics and Pastoral Ministry (ICAPAMI) was honored to participate in the Catholic University of Eastern Africa's (CUEA) 43rd graduation ceremony. This year's theme, "Celebrating 40 Years of Excellence and Resilience in Transforming Communities Through Ethical Research, Innovation, Education, and Service," resonated with ICAPAMI's mission. ICAPAMI presented a cohort of fifteen students for graduation, including nine Diploma of Theology in Catechetics and Pastoral Ministry recipients and six Bachelor of Theology in Catechetics and Pastoral Ministry graduates. A significant milestone was achieved as six of the Diploma students were sponsored by the African Sisters Education Collaborative (ASEC). This marked the first time ASEC has extended its scholarship program to Diploma students at ICAPAMI, demonstrating a commitment to supporting theological education at all levels.

ICAPAMI expresses its sincere gratitude to ASEC for their generous support, which has contributed to a substantial increase in Diploma enrollment. During the ceremony, Rev. Prof. Stephen Mbugua, Vice Chancellor of CUEA, addressed the graduates, urging them to "keep in mind and heart that you have been schooled to be ethical catalysts transforming our society through economic, social, and religious stewardship. Putting all that you do before God will give you true purpose in life." His Excellency Monsignor Giovanni Cesare Pagazzi, Secretary of the Dicastery for Culture and Education, served as the Chief Guest. He emphasized the importance of impact, telling the graduates that "success is how one impacts the world around him or her." He encouraged them to use their knowledge and skills to create positive change, lead with compassion, and inspire others.





*Bachelour of theology in Catechetics and Pastoral Ministry Students during graduation .*

*By Sr. Francisca Musau, ASN*

A BIG THANK YOU TO OUR PARTNERS FOR BELIEVING IN US !!!!!



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