



# ASSOCIATION OF SISTERHOODS OF KENYA

MOTTO: UNITED WE STAND AS A SIGN OF GOD'S PRESENCE



## ANNUAL MAGAZINE

2024

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Chemchemi  
**COURSE  
ADVERT**

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# List of Abbreviations

AGM-	Annual General Meeting
AMECEA-	Association of Member Episcopal Conferences in Eastern Africa
AOSK -	Association of Sisterhoods of Kenya
ASE-	Assumption Sisters of Eldoret
ASEC-	African Sisters Education Collaborative ASEC- Catholic University of Eastern Africa.
CCCI-	Catholic Care for Children Institutions
CCCK -	Catholic Care for Children in Kenya
CHPs-	Community Health Promoters
CSOs-	Civil Society Organizations
ECD -	Early Childhood Development
GBV-	Gender Based Violence
HASK-	Health Association of Sisterhoods of Kenya
ICAPAMI-	Institute of Catechetics and Pastoral Ministry
IMBC -	Integrated Mother Baby Care
JPIC-	Justice Peace and Integrity of Creation
KICC-	Kenyatta International Convention Centre.
LSK-	Law Society of Kenya
LSOSF-	Little Sisters of St. Francis
NCD's-	Non Communicable Diseases
SCORE ECD	-Strengthening Capacity of Religious in Early Childhood Development
SGBV-	Sexual Gender Based Violence
ISC-	Integrative Spiritual Counselling
SILC -	Savings and Internal Lending Communities
SLYI -	Sisters Led Youth Empowerment Initiative
UISG-	International Union of Superiors Genera

## MESSAGE FROM THE AOSK EXECUTIVE SECRETARY



Sr. Dr. Pasilisa Namikoye, LSOSF, PhD.  
*AOSK Executive Secretary*

**T**he Association of Sisterhoods of Kenya (AOSK) is committed to being a dynamic association of empowered prophetic women religious, living Gospel Values. This is the core guiding principle that fuels our existence and mission as women religious in Kenya and beyond. As the year draws to a close, I look back with gratitude for the incredible journey we have travelled in service to God and humanity. Our work, inspired by the Gospel's call to serve the least among us, has brought hope and healing to many. The words of Pope Francis inspire us as we reflect on our shared mission: "***Rivers do not drink their own water; trees do not eat their own fruit. They exist for others.***" This captures the spirit of our sisterhood our lives are dedicated to serving others, bringing hope, and sowing seeds of love wherever we go.

Our mission to foster mutual support and promote holistic formation of women religious for authentic witness through sustainable programs in collaboration with stakeholders, indeed resonates with our great work. The association's priority areas of programming include health, youth empowerment, human rights, gender and good governance; education, formation ministry, countering human trafficking, child protection and safeguarding, communication, advocacy and environmental conservation among others. This year (2024), AOSK achieved significant milestones, with a growth in membership from 169 in 2023 to 175 member congregations. We have directly served **2,350,540** people with an indirect reach of **14,498,280** people through the AOSK programs including HASK, SLYI, CCKK, JPIC, Chemichemi Ya Uzima College, SCORE ECD, Bakhita Partnership for Education (BPE), Units and Insurance agency. This translates to **30.48%** of the Kenyan Population estimated at **47,564,296** by Kenya National Bureau of Statistics (KNBS) in the 2019 household survey. This justifies the significant contribution of the association in complementing the government efforts and efforts of other Civil Society Organizations (CSOs) in social transformation.

This has been achieved through various interventions including technical training for the youth, advocacy for holistic family and community-based care for children, awareness creation on human rights, gender and good governance; advocacy, awareness creation, rescue and rehabilitation of survivors of human trafficking, sensitization on positive parenting and male involvement. We have also significantly contributed to community awareness and interventions on non-Communicable diseases

(NCDs), capacity development and harnessing strategic partnerships with member congregations, the church, funding partners/ donors and the government among others.

Through Chemchemi Ya Uzima College, the association has realized holistic formation and integral growth of Catholic sisters, brothers and priests. Technical Vocational Education and Training (TVET) courses picked up earlier this year, with the aim of enhancing the technical capacity of the youth towards self-employability and reliance. The association has therefore had an immense contribution to the Sustainable Development Goals (SDGs) 1, 2, 3, 4, 5, 8, 10, 13, 16 and 17. As we envision implementing the long-awaited sustainability project (the AOSK Plaza), we long for a time when the association will be able to complement donor funding with internally generated revenue for better outcomes; supporting her own projects and those of the member congregations.

As we enter 2025, we are reminded of the challenges still facing our communities: poverty, injustices, femicide, unemployment and hence criminality. This new year calls us to embrace innovation, collaboration, and courage to transform the challenges into opportunities and make the society more habitable for all irrespective of socioeconomic status, age, gender, ethnicity and nationality. The world around us is changing rapidly, and we must remain steadfast in our faith while adapting our approaches to ensure that our mission continues to bear fruit.

I extend my heartfelt appreciation to each of you; the AOSK staff for your hard work, passion, professionalism and collaborative spirit which have been the driving force behind our success; the sisters who embody God's love through tireless dedication, the partners who stand with us in solidarity, and the communities who welcome our presence and collaborate with us to bring about change.

During this festive season, I encourage everyone to take a well-deserved break, cherish time with loved ones and families, and reflect on the accomplishments we have achieved together as we rejuvenate for the bigger task in 2025. May this Christmas season fill your hearts with joy, and may the new year bring renewed strength, faith, and abundant blessings for all. Together, as the AOSK family, let us continue to serve as a beacon of Christ's love and compassion in Kenya and beyond; remaining united as a sign of God's Presence.

## STRENGTHENING CAPACITY OF RELIGIOUS IN EARLY CHILDHOOD DEVELOPMENT

SCORE ECD III has been aiming 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 CRS has partnered with NACCS in Kenya, to implement SCORE ECD Projects I, II and III. 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 ECD interventions, SCORE ECD III has also scaled up maternal mental health component and incorporated Household Economic Strengthening intervention to address household hunger.

SCORE ECD III has reached several remarkable milestones that significantly contribute to early childhood development. These accomplishments include:



Enhancing the skills and knowledge of caregivers through targeted training programs that focus on the practice and application of nurturing care behaviors. This training is delivered via the effective Care Group model, fostering a supportive environment for both caregivers and children.

Establishing robust networks and partnerships among Catholic Sisters and various other stakeholders involved in early childhood development. This collaboration aims to amplify advocacy efforts, drawing attention and resources to the Nurturing Care Framework, which is vital for promoting the well-being of young children.

Actively engaging in county and national meetings and initiatives that champion nurturing care strategies. This participation ensures that the voices and needs of the communities served are represented and that best practices are shared across different levels of governance.

## SCORE ECD Interventions

### 1. ECD Messaging

This intervention involves comprehensive messaging aimed at caregivers within a structured care group model. The primary focus is on the Nurturing Care Framework, which emphasizes the importance of nurturing relationships and holistic development for young children.

### 2. IMBC (Integrated Mother-Baby Course)

This postpartum model is specifically designed to support caregivers in managing stress during both pregnancy and the lactation period. It provides tools and resources to address emotional and psychological challenges, helping caregivers create a healthy environment for both themselves and their infants.

### 3. SILC (Savings and Internal Lending Communities)

SILC is a well-defined methodology aimed at empowering caregivers through saving and loaning systems. This approach fosters financial independence and resource management, while the Participatory Solutions Providers (PSPs) play a crucial role in facilitating and guiding these community groups.



*SILC Group members during a meeting with the AOSK SCORE ECD program manager.*

### 4. Smart Couples

This intervention promotes family strengthening through a collaborative approach to decision-making. It is built on four fundamental pillars, each designed to enhance communication and shared responsibilities between partners, thereby creating a more supportive and united family environment.



*Batholomew Ochieng and his wife: beneficiaries of smart couple initiative*

## Success and Interventions

The nurturing care training undertaken by many Pregnant and Lactating Women (PLW) has shown significant success, marked by their active engagement in responsive caregiving. In the vibrant community of Kisumu, a total of 150 caregivers proudly graduated from the program, comprising 8 men and 141 women who are now equipped with valuable skills. Meanwhile, in Siaya, an impressive cohort of 312 caregivers completed their training, with 16 men and 296 women joining the ranks of those dedicated to nurturing the next generation.

The outcomes of these interventions have been transformative and far-reaching. Among the most notable achievements is a marked increase in health-seeking behaviors among pregnant and lactating women,

which has played a crucial role in reducing maternal mortality rates.

Furthermore, practices regarding Maternal, Infant, and Young Child Feeding (MIYCF) have seen remarkable improvements. These practices now prominently include:

The timely initiation of breastfeeding ensures that newborns receive essential nutrients right from birth. A commitment to exclusive breastfeeding during the crucial early months, along with the introduction of complementary foods that meet dietary diversity standards.

As a result of these efforts, there has been a significant decrease in adverse child outcomes such as stunting, low birth weight, undernutrition, and malnutrition, offering children a healthier start in life.

Moreover, the training has empowered mothers by enhancing their ability to cope with various stressors, fostering stronger, more nurturing relationships between mothers and their infants. Caregiver hygiene practices have also improved, promoting better health for both mothers and children.



Additionally, the interventions have successfully encouraged greater male involvement in caregiving activities, reflecting a shift toward shared responsibility and support within families.

The Sisters have carried out a series of impactful radio advocacy sessions, spanning across different vibrant counties in Kenya. During these sessions, they engaged with an estimated audience of 18 million listeners, creating significant awareness and fostering dialogue on important issues.

Sister organizations have improved their systems with various policies, manuals, and operation standards in their various congregations

In conclusion the greatest achievement over the period was the uptake of the nurturing framework by multiple male caregivers and community leaders and neighbor women groups.

*Written by Sr. Teresa Yator, ASE & Christine Nguna*

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

**A**t the beginning of the year, the AOSK Sisters Led Youth Empowerment launched the second phase of the project implementation thanks to the Conrad Hilton Foundation. The project's main goal aims to improve socioeconomic sufficiency and resilience among supported vulnerable and disadvantaged youth between 15 and 25 years old. The second phase extended its partnership to 50 Catholic-led institutions compared to the 36 institutions in the first phase spreading to 21 dioceses



that include Mombasa, Marsabit, Isiolo, Meru, Embu, Kitui, Wote, Machakos, Nyeri, Murang'a, Nakuru, Kericho, Kakamega, Kisumu, Homa Bay, Kisii, Nairobi, Nyahururu, Kitale, Ngong and Eldoret



*Administrators from the 50 Technical Training Institutions during their commissioning and launch of the Phase II project*

The AOSK-SLYI program continues to empower young people with appropriate opportunities to consolidate their basic knowledge and competencies, and equip them with the relevant skills needed to find a job, set up a business, or engage in other productive work. The project has so far supported 1004 vulnerable and disadvantaged youth including 88 youths enabled differently with scholarships to acquire market-driven knowledge and skills that will help them compete in the job market.



*Youth beneficiaries from Don Bosco Technical Institute, Marsabit*

One aspect of empowerment that the AOSK-SLYI seeks to enhance is psychological empowerment. The program recognizes the ability that young people possess as agents of change and the valuable potential they hold that should be nurtured. Psychological empowerment enhances individuals' consciousness and creates awareness of how individuals can address problems that harm their quality of life. To strengthen peer-to-peer mentorship among the youth, the program trained 80 youth champions on Mental Health, Human trafficking, and Drugs and substance abuse. The champions through peer-to-peer mentorship have reached out to 5482 youth offering them psychosocial support to protect their psychosocial well-being. The project is contributing to more social responsibility among the youth, and access to market-oriented skills



*Youth listen keenly to Mr. Wilson Kyallo during their training on Human Trafficking at Dimesse Sisters Karen*

*Written by Mrs. Caroline Wamiti*

## AOSK CATHOLIC CARE FOR CHILDREN IN KENYA

The Care Reform Journey of the Association of Sisterhoods of Kenya – Catholic Care for Children in Kenya (AOSK-CCCK): 2018–2024

Since 2018, the Association of Sisterhoods of Kenya (AOSK) has spearheaded a transformative care reform journey through its Catholic Care for Children in Kenya (CCCK) program. Grounded in its mission to uphold family- and community-based care for children, AOSK-CCCK strives to align with the charism of care upheld by religious congregations across Kenya. Despite challenges, the program has achieved remarkable milestones, thanks to the unwavering commitment of religious women (Catholic sisters) and collaborators. In 2018, AOSK recognized its significant role in child care as Catholic institutions accounted for 146 Charitable Children Institutions (CCIs), with 78 managed directly by Catholic Sisters. A baseline survey revealed that, of the 10,599 children under Catholic care in 2019, 5,546 were in residential institutions. While these facilities provided critical

services, they posed risks such as weakened family bonds and potential rights violations, including the right to parental care. Driven by the need for a more holistic approach, AOSK embarked on reforming its sustainable children rights, protection and post Institutional care model. The goal was to transition from institutional care to family and community-centric support, fostering environments where children could thrive within their families or alternative care arrangements.



*Mr. Joseph Wichenje Case Manager, Sr. Delvin Mukhwana, DHM program manager and sister administrator of Fatima children Home Marsabit on their support field visit to CCI*

The transition to care reform faced initial resistance, especially among congregations whose charism centered on caregiving. However, through consistent advocacy, sensitization, and capacity-building initiatives, AOSK gradually won hearts and minds. Sensitization programs reached bishops at regional and national levels,

along with 176 congregational superiors. Over 2,612 sisters were trained on care reforms, safeguarding, and positive parenting. Since 2018, 29,483 community members have been sensitized on care reform and parenting principles. Partnerships with the government and organizations such as AMECEA, SPOON, UEFA, and CCCI have further enhanced the program's impact.

AOSK-CCCK focused on empowering sisters and administrators with specialized skills. This included 39 sisters earning degrees, diplomas and certificates in social work, 24 trained in integrative psycho-spiritual counseling, and 46 sisters trained as safeguarding officers from 27 catholic dioceses of Kenya, equipped to protect minors and vulnerable adults as a means of gatekeeping. Tailored training was also provided to CCI administrators on disability care, proposal writing, and resource mobilization.



*CCI Administrators during a care reform training on child community welfare program me and their guidelines in Nairobi*

The program successfully integrated safeguarding principles into congregational and institutional frameworks, including the development of child protection and vulnerable adult safeguarding policies (AOSK CPVASP). Sixty AOSK staff and 47 congregations were trained to adopt safeguarding practices, and case management in CCIs was

digitalized for improved efficiency.

Reintegration of children remains a cornerstone of care reform, with 4,461 children reunited with their families between 2018 and 2024. The program has also put a lot of effort in emphasizing the reintegrating of children living with disabilities to ensure inclusive care solutions.

CCIs have begun transitioning their infrastructure toward community child welfare-focused initiatives, reflecting a shift from institutionalization to family-strengthening activities. For instance, Divine Mercy Children's Home in Homa Bay reintegrated all children back to their families and transitioned the home into a school.

AOSK celebrates a significant reduction in reliance on institutional care, improved case management processes, and success stories that amplify the impact of care reforms. Increased awareness among congregations about the importance of family-based care, recognition from entities such as KCCB and CRS, and integration of care reforms into evangelization efforts in the AMECEA region are among the program's notable achievements.

Despite progress, the journey has faced challenges such as limited government support, financial

constraints in reintegrating children, frequent transfers of trained personnel, and duplication of efforts by partners, which led to resource inefficiencies.

AOSK-CCCK extends heartfelt gratitude to the GHR Foundation for its generous support in bringing this vision to life. The dedication of the AOSK CCCK staff, AOSK governing council, UISG-CCCI, AOSK member congregations and like-minded organizations has been instrumental in driving care reforms forward.

As the care reform journey continues, AOSK remains committed to ensuring that every child experiences the love, stability, and dignity they deserve within a supportive family or community. By addressing challenges and embracing collaboration, AOSK-CCCK reaffirms its mission to promote holistic care in alignment with the Gospel's call to serve the vulnerable.

*Written by Sr. Delvine Mukhwana, DHM*

## HEALTH ASSOCIATION OF SISTERHOODS OF KENYA

The Health Association of Sisterhoods of Kenya (HASK) has emerged as a formidable force in the realm of healthcare.

For the past two years, HASK has been actively supporting 82 health facilities led by dedicated sisters across the four metropolitans. Through a comprehensive approach that encompasses NCDs awareness creation, sensitization, health education, screening, treatment, and referrals, HASK has made substantial strides in improving community health.

HASK's NCD project has been a game-changer, reaching out to around 4 million individuals,

screening 3,770,317, and providing treatment to 82,234. These remarkable figures underscore the organization's commitment to addressing the growing burden of Non-Communicable Diseases (NCDs) in Kenya. By raising awareness and promoting healthy lifestyles, HASK has fostered a positive shift in health-seeking behavior among community members. The strong collaboration between some of the health facilities supported by HASK and Community Health Promoters (CHPs) has further solidified the organization's impact and reach within communities.

HASK's dedication to community well-being

extends beyond NCD initiatives. HASK has conducted extensive community outreach programs, such as the one in Lodwar, to directly address healthcare needs and promote preventive measures. However, during these outreach efforts, the team discovered a pressing need for food assistance in the region, highlighting the complex interplay between health and socioeconomic factors.



*HASK team during a community outreach activity at the catholic diocese of Lodwar back in July 2024.*

To enhance knowledge and skills, HASK organized four insightful webinars in 2024 for all the sisters in the AOSK Units in the four metropolitans. Some of the topics covered were: Addiction, depressive disorder, lower back pain, Arthritis and leukemia, palliative care, self-care and lastly on cancers. Over 600 sisters from across the country have benefited from these informative sessions, empowering them to provide better care to their communities and towards themselves.

HASK has always been committed in organizing a medical camps for sisters once a year. In the previous years, it was being held at St. Mary's mission Hospital in Nairobi and total number of sisters attended per year were over 100. However, in the year 2024 HASK organized this camp in Homabay at St. Pauls mission Hospital. The total number of Sisters who attended this camp were 68 and they all expressed gratitude for the services they were offered.



*: HASK Program Manager, Sr. Regina Nthenya,SSJ addressing Sisters in a medical camp at St. Pauls mission hospital homabay, Kisumu metro*

Additionally, HASK has developed a comprehensive strategic plan for the years 2024-2028, outlining its vision, mission, and goals to guide future endeavors. This strategic blueprint will ensure that HASK remains focused on its core objectives and adapts to evolving healthcare needs. Lastly, HASK has strengthened its governance structure by developing a HASK Board Charter, which serves as a guiding document for board members. The recent Annual General Meeting (AGM) held at Dimesse sisters in Karen was a significant milestone, with 88 administrators in attendance.



*HASK health administrators posing with their strategic plans for a group photo after successfully concluding their 2024 AGM.*

Throughout the year, HASK has learned some important lessons including the power of networking and collaboration with other stakeholders, the importance of community involvement that plays a big role in awareness creation, and the restoration of the sisters' presence in the community that has brought more trust and relevance to our apostolate. HASK has also experienced some challenges such as high levels of poverty as a contributor to defaulting treatment, and ignorance of the impact of NCDs on individuals and communities.

*Written by Sr. Regina Nthenya, SSJ & Sr. Jerusha Ncabani, CLFS*

## AOSK LEGAL OFFICE

### Legal Aid in Nairobi west prison.

I joined my fellow advocates under the umbrella body of the Law Society of Kenya (LSK), for community service at Nairobi West Prison where we gave legal aid on various cases that prisoners are accused of. Some were the sentenced inmates while the rest were still on remand. The Law Society of Kenya (LSK), a professional statutory body established under the Law Society of Kenya Act, 2014, conducted the Legal Awareness Week (LAW) 2024, a transformative initiative with a focus on promoting access to justice, legal education, and addressing prison congestion. All lawyers across various branches took part in the campaign through their branch

leaders. I did participate under the Nairobi branch and was allocated Nairobi West Prison alongside my colleagues as my station for legal support on 30th October 2024. Being the only catholic sister in the group of advocates many prisoners wanted to come to me both catholic and non-Catholics as well. I couldn't see many given the fact that their stories are lengthy and I had to listen in order to dig out the issues for legal advice. However, majority kept telling me to pray for them.

This comprehensive approach advances the rule of law, uphold the Constitution of Kenya, and promote the rights of imprisoned persons and the underprivileged public. The initiative also sought to engage both state and non-state actors in criminal justice reforms. The objective of the Legal Awareness is to promote the mandate of the Law Society of Kenya by extending legal literacy and awareness to members of the public. The public will also be advised on various aspects of the Law including Civic Education, Civil, Criminal and Family/probate.

During the Legal Awareness Week, organizations involved in legal work were also given a chance to show-case their services with a view to promoting a better understanding by the public of the role lawyers play in the advancement of legal literacy and advocacy. Members of the Law Society of Kenya offer pro bono services to the public. There are growing number of cases brought before the Kenyan courts and the subsequent rise in the number of individuals imprisoned for minor crimes. The challenges posed by the overcrowding of correctional facilities in Kenya, combined with

the need to protect the rights of incarcerated individuals and the underprivileged public, have compelled LSK to embark on a crucial mission to facilitate Criminal Justice Reforms. These reforms aim to address the rights of prisoners and, in turn, potentially decongest the nation's prisons.

Overcrowding in Kenyan prisons can lead to human rights violations, increased violence, and limited access to rehabilitation and reintegration programs. Advocates also Promote legal education to the public on their legal rights and responsibilities, emphasizing the consequences of criminal activities and the importance of adhering to the law.

Lawyers raise awareness about prison conditions, highlighting the challenges faced by inmates in overcrowded prisons, such as limited access to healthcare, education, and rehabilitation programs. Provide free legal aid during the awareness week to help individuals navigate the legal system and potentially reduce the number of people going through the prison system.

Further advocates Promote alternative sentencing options, including plea bargaining, diversion, community service, restorative justice, probation, and diversion programs. Engage in stakeholder collaborations with government agencies, civil society organizations (CSOs), and legal professionals to gather data, technical expertise, resources, and operational support. Encourage pre-trial reforms, such as bail reform and speedy trials, to prevent individuals from spending prolonged periods in prison remand before their cases are resolved.

The Law Society of Kenya has been creating legal awareness and giving legal support to the vulnerable classes of people in Courts and in 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 and listen to the cases of inmates and be in position to help and guide them. It was noted that most prisoners are in jail and are sentenced without understanding their cases and some facing unfair judgement because they do not understand the trial process right from police station where they are charged to appear in court as accused persons until judgement. 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 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 on 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 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 their matters solved.

*"I credit the lawyers for their commitment to giving back to society without any charges,"* the deputy prisoner officer remarked, stressing that the legal services provided during this week are a chance for the community to receive quality legal advice at no cost.

Having listened to the inmates and the issues they raised, we came up with the following recommendation: **Collaborative Commitment:** One of the pivotal takeaways from the meeting with prisoners. The collaboration between government and other civil society and the faith-based organizations to work together to promote justice. Collaboration to work together in addressing prison overcrowding.

**Alternative Sentencing:** lawyers recognized the critical role of alternative sentencing methods in reducing the number of non-violent offenders entering prisons. Methods such as plea bargaining, diversion, community service, restorative justice, and probation were discussed as effective means to address this issue.

**Legal Aid and Access to Justice:** We emphasized the need for increased legal aid services, providing free legal consultations and assistance to individuals to navigate the legal system. By doing so, it is anticipated that this would reduce the number of individuals entering the prison system.

**Advocacy for Pre-trial Reforms:** Members highlighted the vital importance of advocacy efforts aimed at improving pre-trial detention procedures. These efforts include bail reform and



speedy trials, intended to prevent prolonged periods of remand in prisons before cases are resolved.

**Community Sensitization:** Recognizing the significance of community engagement, the stakeholders concurred with the recommendation of conducting community sensitization forums, a strategy backed by UNDP and other partners. These forums are expected to raise awareness and educate the public on legal matters.

**Monitoring and Evaluation:** Regular monitoring and evaluation mechanisms to be established to track progress, identify challenges, and adapt strategies as needed. Continuous assessment is integral to achieving the intended goals.

Overall, the prison community was grateful for the legal support we gave them as advocates and members of the law society of Kenya.



*Inmates at Nairobi West getting legal skills*

*Written by Sr. Hedwig Muse, LSMIG*

## AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

### AOSK JPIC Charity Support.

In 2024, the Association of Sisterhoods of Kenya (AOSK) demonstrated its unwavering commitment to humanitarian support by donating essential items to victims affected by the heavy rains and floods that affected Mathare informal settlement in Nairobi County. This was made possible through the generous support of the Members of the Association comprising of Religious Congregation that form the membership of the Association of Sisterhoods of Kenya.

The Justice peace and Integrity of creation (JPIC) in collaboration with other programs spearheaded this activity. The Team from AOSK Collaborated with Mathare Social Justice Centre, a community Based

Organization that works directly with residents of Mathare and were able to identify the victims of flood that were located in various camps in the suburb. The process was seamless and the distribution of mattresses, food stuff, blankets, and sanitary towels to affected families was done providing much-needed relief to a community struggling to recover from the devastation.

The heavy rains that pounded most parts of the country resulted in severe flooding, particularly in low-lying areas like Mathare. The Mathare Social Justice Centre, known for its advocacy and community support activities, served as the perfect venue for this charitable event. Volunteers from the center assisted in the distribution process, ensuring that the donated items reached the most vulnerable members of the community. Residents expressed their gratitude for the timely intervention from the Association of Sisterhoods of Kenya.

*“I lost almost everything in the floods and I have 8 children. These mattresses and blankets will help me a lot as I start anew,”* said Wangeci, a Mathare resident.

*“We are here to offer our support to you the residents of Mathare who have been severely impacted by the floods. We as the representatives of members of the Association of Sisterhoods of Kenya care about your situation and that is the reason we are here to support you and be assured of our prayers,”* said Sr. Bernadetta Nzioka AOSK – JPIC Coordinator.

The residents were happy though they expressed

further urgent needs and requested for the indulgence of the Association. Since their needs were genuine, the AOSK Team reorganized and had the purchases done and delivered later on. These included the dignity packages, household utensils and scholastic materials for the learners in the informal settlement of Mathare.

The Member of the County Assembly was grateful for the support and mobilized the residents in his ward and other Civil Society to support the initiative of the Association of Sisterhoods of Kenya. As a result, some were able to contribute food stuffs and other items and joined AOSK team in supporting the victims affected by the floods.



*The AOSK-JPIC team providing help to the victims who were affected by floods in Mathare, Nairobi Kenya.*

*Written by Sr. Hedwig Muse, LSMIG*

## Memorandum to the national assembly of Kenya regarding the finance bill 2024

The Association of Sisterhoods of Kenya took part in the public participation of the Finance Bill 2024 at the KICC on the 11th of June 2024 before the Parliamentary committee, Represented by Sr. Hedwig Muse, Advocate of the High Court of Kenya, and Sr. Felistas Chesire. AOSK joined all the other citizens in expressing its concerns about how the proposed bill would affect the common citizens, especially the women, youth, marginalized, and vulnerable populations who are our primary beneficiaries. The AOSK Legal Officer and the Finance Manager argued that the Scheme of overtaxing Kenyans to raise revenue beyond requirements after which the extra revenue raised is loaned to the same taxpayer at a very high interest rate contravenes

the constitutional provisions. Further, they expressed the role the Catholic Sisters perform in complementing the government in all parts of the country including the marginalized areas where the government's impact is hardly felt.

The Catholic Sisters' visibility is crucial in diverse social services support to the community. These services include health, education, vocational skills, and psychosocial support among others. The Sisters have supported the empowerment of youth, children women, and marginalized communities across the country through their established institutions, by networking, partnership, and advocacy with the various civil society and relevant Government ministries. Therefore, the main purpose of government and social

structures is to provide hope and opportunities for people to build their lives and be productive. Every person born in Kenya yearns for and deserves an opportunity and environment to live a dignified life. The policy and legal framework need to promote individual, family, and community productivity.



*Sr. Hedwig Muse during the public participation of the finance bill 2024 at the KICC*

### AMANI MAZINGIRA

Amani Mazingira started as a new project within AOSK-JPIC in 2024. The project engages peacemakers, human rights teachers and Sisters in environmental peacebuilding and interreligious dialogue. In its pilot phase, it concentrates on Mombasa Metro. A first cohort of 25 participants, 14 women and 11 men, were enrolled in a series of online and on-site trainings in July.

Taking Pope Francis' Encyclical *Laudato Si'* as their starting point and for guidance throughout, they have since discussed a range of topics, and have taken part in various activities to prepare them for promoting environmental peacebuilding, in their respective communities and work places and with AOSK-JPIC.



*AOSK Human Rights Teachers and Peacemakers during a training on environmental peacebuilding and interreligious dialogue in Mombasa, October 2024.*

Environmental peacebuilding connects two challenging issues, peace and environmental sustainability. It starts off from the recognition that each depends on the other. Peace will not grow in depleted soils and polluted water and air. Livelihoods as well as community relations suffer when people are thrown back and forth between flooding and drought, or when entire communities are forced to resettle. Justice is violated when the poorest are once again hit hardest by pollution or extreme events. At the same time, addressing these environmental problems requires peaceful communities and societies, with strong channels of communication, cooperation and public participation. The first part of the Amani Mazingira training is dedicated to reflecting on the many practical connections between peace and environmental sustainability. Participants explore specific connections they observe in their surroundings.

In practical terms, environmental peacebuilding means to re-set our focus on our common interest in protecting human life on earth and acting with those interests in mind, together with others, locally and globally. Environmental peacebuilders facilitate activities such as community gardening, support trust-building between people from different groups, advocacy for civic participation, co-management



of natural resources, and networking for mutual support. As Laudato Si' emphasizes listening for both the "cry of the earth" and the "cry of the poor", Amani Mazingira's training includes sessions on actor mapping and being inclusive, as well as on identifying locally relevant environmental issues. Participants were also introduced to nonviolent communication, a conflict skill that is helpful in everyday life as well as environmental peacebuilding. They recognized the challenges that can arise when discussing controversial topics, and the need for mutual support and lifelong learning as peacemakers. While environmental peacebuilding is for everyone and works best with diverse groups of people bringing in different knowledge and skills, there is also a special role for religious actors and for interreligious dialogue. Most if not all faith traditions share an understanding of humans as stewards – not owners – of creation. This has been expressed in Laudato Si', as well as in publications from different faith traditions that have recently become available. At the local level, this shared emphasis on ethics of stewardship makes it possible for people from different faith groups to co-host river clean-ups or local advocacy, and to strengthen their mutual understanding and relationships in the process. At the international level, religious leaders around the world are organizing to support one another and to speak in a single voice at international events, including Communities of practise. This is a hopeful trend, both for increasing interreligious understanding and cooperation and for bringing first-hand knowledge of peace and environmental issues encountered locally into global debates, through channels built by faith actors.



*AOSK Human rights teachers and Peacemakers during a visit at the Hindu Temple in Mombasa.*

AOSK-JPIC's Amani Mazingira project aims to make a small contribution, by offering Sisters, peacemakers and human rights teachers further training in environmental peacebuilding and interreligious dialogue. Participants are already taking ideas from the trainings into their community activities and advocacy. In 2025, they will continue on their journey by training the second Amani Mazingira cohort.

*Written by Katharina Shneider*

## AOSK UNITS

The Association of Sisterhoods of Kenya (AOSK) Units serve as the diocesan-level representation of the association in the 26 catholic dioceses. These units, comprised of members from various congregations, work together to promote the spiritual welfare and development of women religious. By fostering inter-communication and cooperation among member communities, while respecting individual charisms, AOSK Units aim to create a strong sense of unity and shared purpose.

To recognize and encourage exceptional leadership, the Units program recently honored a dedicated unit leader. The recipient, who expressed deep passion for her work, has been instrumental in fostering unity and harmony among clergy and religious. Their efforts have included community outreach, such as visiting prisoners and sharing

with the needy, as well as organizing prayer days and other spiritual activities.

The AOSK Units Desk extends special congratulations to Sister Carol Dan of the Congregation of St. Joseph of Tarbes Nairobi Unit for her exemplary leadership. Her unwavering commitment to service and her ability to inspire others have made a significant impact on the Unit and the broader AOSK community.



*Sr. Carol Dan from the AOSK Nairobi Unit being awarded as the best AOSK Unit leader for the year 2024*

Kisumu Unit has consistently demonstrated exceptional dedication and efficiency in implementing initiatives from both the national and unit levels. The unit's prompt response to webinars, meetings, and other activities at the deanery, diocesan, and national levels has been exemplary.

Given its extensive geographical coverage, Kisumu Unit leaders have been instrumental in mobilizing and encouraging sisters across various deaneries to actively participate in AOSK's work. The unit's strong collaboration with peacemakers and human rights teachers has led to significant achievements, particularly in the area of peacebuilding. It is noteworthy that Kisumu Unit has the highest number of peacemakers among all AOSK units.

The AOSK Units Department extends its sincere gratitude to His Grace Archbishop Maurice Muhatia Makumba and the Vicar for the Religious for their unwavering support of the women religious in the Kisumu Unit and their respective workplaces. The AOSK Unit department commends Kisumu Unit for its outstanding performance and encourages them to continue their exemplary work.



*Sisters from the AOSK Kisumu unit receiving the trophy after Kisumu emerged as the best unit of the year 2024.*

*Written by Sr. Juliana Ndunge, LSOSF*

## AOSK GENDER DEPARTMENT

**A**OSK Gender program focuses on issues affecting both men and women, challenges the oppressive institutions and gears towards social transformation, inclusivity, equity and upholding of respect for human dignity. It empowers the society through the women religious, men and women Peace makers by giving voice to the voiceless, liberty to the oppressed and sense of self worth to the downtrodden. We are conscious that the interests or needs of the women in a family may be quite different from the interests of the men. These interests are not based on the biological roles of women and men but on their social roles and the power and differences of status vested in these social roles. Women's empowerment is a critical aspect

of achieving gender equity. It includes increasing a woman's sense of self-worth, her decision-making power, her access to opportunities and resources, her power and control over her own life inside and outside the home, and her ability to effect change. Our activities aim at capacity building of the communities on issues affecting them, SGBV, Environment, Peace building, awareness creation, public participation, leadership among many others.

***“Invest in women: Accelerate Progress”***: was the theme for year 2024 and was colorfully celebrated in Kericho and it drew large crowd together as we marched through the streets of Kericho town with our banners led by Bishop Rotich, AOSK team, all religious men and women and the

entire community. The crowds got bigger and bigger as we marched with our banners passing information on the need to uphold the dignity of women and recognize the un-awarded jobs they do lifetime. Speech from different speakers were given and the main emphasis was on the role women play in the society and how they should first appreciate themselves as promoters of progress in the society. AOSK had an opportunity to encourage and congratulate women religious for the services they render to the communities for their role in accelerating progress is vivid in the communities they serve- in the schools. Dispensaries/ hospitals and in pastoral work. Other speakers applauded women for the work they do despite many problems they face in the

society such as marginalization, injustice and discrimination, while the persistent epidemic of violence against women disgraces humanity. The colorful day aimed at celebrating the achievements of women without regard to divisions whatsoever. The day was successful due to the cooperation and mobilization and awareness done by the women religious, women and men peacemakers as well as the human right teachers who work hand in hand in implementing the activities of A.O.S.K in the communities they serve. AOSK appreciates the cooperation and support from RT. REV. Bishop Rotich and the Vicar for the Religious as well as the good relationship among the clergy and religious brothers and sisters.



*Participants who attended the AOSK International Women's day marching with their banner in the streets of Kericho.*

The gender program has focused on critical areas such as combating Sexual and Gender-Based Violence (SGBV), empowering communities, promoting peacebuilding, and raising awareness about human trafficking and early marriage.

Patricia Loko, Mombasa Metro Coordinator for Peacemakers and Human Rights Teachers, highlights



their dedication to uplifting marginalized communities: “We’ve worked tirelessly to promote equality and justice for all, partnering closely with women religious. Our efforts have led to the rescue of over 500 girls from early marriage and the empowerment of over 800 GBV survivors, both women and young girls, through life skills training in beadwork, detergent making, and tie-dye. These empowered survivors have become trainers themselves, achieving self-reliance.

Through collaborative efforts with peacemakers, women religious, and human rights teachers, we’ve intervened in court cases and rescued trafficked individuals. We’ve also raised community awareness about rights and challenged harmful cultural practices that hinder development. By engaging with communities through various forums, we’ve reduced drug and substance abuse and encouraged youth participation in meaningful activities.

Our strong relationships with government leaders, local chiefs, and the administration police have been instrumental in our work. We’re grateful

for the empowerment and trust provided by AOSK, which has enabled us to become powerful advocates for justice and peace. Our work is recognized and appreciated by the community, bringing about positive transformation. We’ve become a voice for the voiceless, particularly the vulnerable and marginalized.



*Patricia Loko training on teenage pregnancies and behavior change*

*Written by Sr. Juliana Ndunge, LSOSF*

## AOSK INSURANCE AGENCY

In today’s society protecting your health, assets, your congregation or family members is a vital necessity that must be followed. Have a future plan or wish to safeguard your family or your business, AOSK Insurance Agency has a complete plan for you as per your requirements. Having operated in the Kenyan market for years, we have been focused on providing congregations with peace of mind in terms of coverage, service provision and pricing.

AOSK Insurance agency having been established with a special focus on the needs of the congregations, we at AOSK Insurance agency fully comprehend this. That is why we have several insurance products depending on your particular needs.

Our offerings include; **Life Insurance:** which takes care of the future of your congregation members using our various flexible life insurance options. We assist in ensuring their welfare in term life as well as whole life with covers such endowment policies and retirement plans.

**Health Insurance:** In any health plan that we offer, you have an assured quality health care coverage at

any time making you and your congregation healthy.

**Motor Insurance:** Travel with pride knowing that your vehicle is well protected for any accident, theft, and third-party claims. We provide both typical and tailored plans so that you can pick what best meets your needs with rates of as low as 3% of the value of your vehicle.

**Property Insurance:** It will help you cover your property against unexpected events such as fire outbreaks, theft, or natural disasters. Our home insurance policies give you a cover for your property in cases of dangers. We have business insurance products that will help you shield your business from risks such as vandalism, theft, property damage and liability claims. We have a broad scope of covers ranging WIBA, GPA, Professional Indemnity, Public liability, money insurance and all risks.

The agency has tailored solutions and we listen to the customer and come up with the best suitable insurance policy for the customer. We are here for anyone in need of protection, be it an individual, who wants to ensure financial stability in the future, or a congregation which needs trustworthy insurance. The specialized staff of professionals that work for us are devoted to assisting you in making the right choices. We are here to welcome your concerns, guidance and make certain you have all the help you need.

**Affordable and flexible payment plans;** it is our strong opinion that insurance should be affordable for everyone. We have negotiated a flexible credit policy period with our underwriter to enable you plan your finances accordingly. In terms of the periodic acute shortages, you can count on us. Our staff and medical providers know that you need relief as soon as possible, and we work fast to ensure that you get it. Our team is committed to helping you and is always prepared to do so when you need it, and claim the help needed most. Our commitment to customer satisfaction is reflected in our personalized service, quick claims processing, and competitive rates.



*Written by Mr. Francis Mutuku Mbwele*

# AOSK Chemchemi ya Uzima College



Enroll Today

- + Formation Course
- + Sabbatical Course
- + ISC
- + Short Courses
- + ICAPAMI



#Chemchemi

JANUARY  
2025  
INTAKE  
ONGOING

UNITED WE STAND AS A  
SIGN OF GOD'S PRESENCE



# 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	3½ 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	August
Sabbatical	4 months	January & August

### Evening and Weekend Elective Courses:

- Certificate in Basic Accounting skills
- Certificate in ICT
- Certificate in Spiritual Direction Guide
- Basic Skills in Music

Our conference facilities are designed for productive meetings. Whether you want to host a board meeting, team, Training, workshops, or interviews, we've got you covered. Our incredible hospitality team will take care of everything for you.



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[chemchemi@aoskenya.org](mailto:chemchemi@aoskenya.org)

# FORMATION DEPARTMENT

## Program General Objective

The heart of formation is preparing formators for the ministry-personal formation and transformation for the sake of formation ministry in the religious life and the Church at large.

## A Growing Program: Two Intakes in 2024

In 2024, the Formation of Formators Program welcomed two intakes. The January intake had 17 participants (2 priests, 15 sisters), while the August intake brought 36 participants (8 priests, 1 brother, 27 sisters) from diverse backgrounds. The program offers transformative training, with dedicated lecturers and facilitators preparing both groups for their roles as formators.

## Formators' Educational Trip

The annual Formators' trip to "Paradise Lost" Resort in Kiambu County fostered deeper bonds among both intake groups, blending learning, fun, creativity, and spiritual growth while building lasting relationships.

## Formation Experience: Enriching Encounters with Other Congregations

In June 2024, the January intake participants had the opportunity to engage in a formation experience outside their congregations, allowing them to immerse themselves in different charisms and spiritual practices. This experience was well-received and considered an enriching and eye-opening journey. It encouraged mutual understanding, growth in religious identity, and a deeper appreciation of the diverse ways the Spirit works within the Church.

## Retreat for the January Intake Group

The January intake group took part in an eight-day retreat (Sept 20–28, 2024) themed "The Rediscovery of Life," focusing on self-identity, vocation, and God's calling. The retreat fostered spiritual growth, and inner healing, and prepared participants for future roles in religious life.



*Coming together at the end of the October Retreat*

## Milestone Achievements: Graduation of Formators

The graduation ceremonies marked key milestones for the program, celebrating the growth and transformation of participants.

**May 3, 2024:** The August 2023 intake, comprising 31 participants, graduated with great joy and gratitude.

**October 4, 2024:** The January 2024 intake also celebrated their graduation, with 17 participants

completing their formation journey.

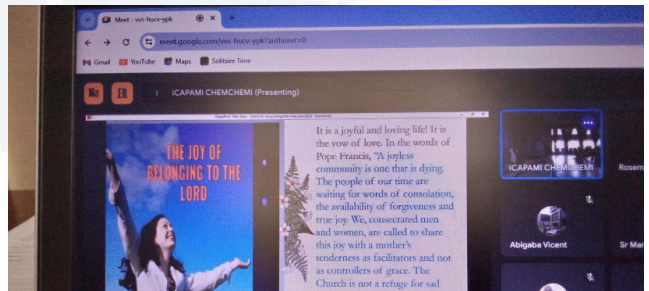
Both graduations served as moments of reflection and celebration, as participants prepared to move on to the next chapter of their formation ministry.



*Cake cutting moments after a successful graduation ceremony of formators in October 2024.*

## Ongoing Formation: Empowering Religious Life and Discernment

Ongoing formation is about training and empowering religious individuals, preparing temporary professed sisters and brothers for perpetual vows, and supporting religious house animators. It also assists aspirants, postulants, and novices in their discernment, helping them deepen their vocation and spiritual growth.



*Preparation for perpetual vows onsite and online*

## Short Courses: Enhancing Skills Across Departments

The college offers a range of short courses including Basic Spiritual Guidance, Basic Accounting, Basic Computer Skills, and Basic Music Skills designed to benefit students from various departments, including Sabbatical, Integrative Spiritual Counselling, Formation, ICAPAMI, and even those from outside

the college. These courses provide essential skills that complement academic and spiritual formation, empowering participants with practical knowledge to support their personal and professional growth. The total number of all participants in January were 46 participants while August Intake had a total of 49 participants.

*Written by Sr. Catherine Mutuku OSB*

## INTEGRATIVE SPIRITUAL COUNSELLING

**W**e thank God for bringing us to the close of the year 2024, every activity during the year went well.

We have all the reasons to say so because of the many blessings God bestowed on our students, the lecturers, and all the staff of Chemichemi Ya Uzima College at large. We have registered many successes since the year began, among others, the lectures went well, and students were healthy and happy. The student finalists of the year 2022 managed to finalize their studies and graduated for the first time at Tangaza University which was held on 15th November 2024.

This year ISC registered twenty-seven students in three different levels. We had thirteen for ten weeks certificate, two for one year certificate, and seven for two years diploma. For the second year 2023 class, we have five who will be finalized by the year 2025.

All the students were able to take an active part

in the semester activities, for example, the day of the symposium, community activity in the college, and the outreach visit to Palazoolo Technical School Gachie. This was the moment we saw the need for Psycho-Spiritual Counselors, the people out there need a listening ear, they need somebody to speak to them, and above all, they need help. During this visit, we had the opportunity to meet the youth who were learning music and how to play the band. They were jolly and very friendly. It was a meeting of sharing our personal stories and listening to others.



*The ISC Students at Palazoolo Technical School Gachie*

The Sisters were delighted by the initiative the Director took to facilitate their visit to that Center where the youth are learning various skills for their survival. We witnessed great talents in singing, dancing, and playing instruments. Even the young boys and girls were happy to learn those skills. This is a very important Centre where the youth can interact, socialize, and find solace in their lives, but they need somebody to journey with them socially, psychologically, and spiritually.

Apart from the visit, we also had our second-year students 2023 class who are preparing to complete their training putting their final nail on their journey of the Diploma studies. They have completed their Long Essay. They have contributed a lot to the world of academics by writing about various aspects that

challenge the lives of individuals in society.

It is important to note that their struggle has added knowledge to the world of academics, their work will soon reach our Library and I invite each member of AOSK to read their books and see their resolutions and way forward to those gaps they have tried to fill. Their next hurdle is the practicum which they will undertake in January-May semester 2025.



*Second-Year Students 2023 Group Pose for a Photo as They Hand in Their Long Essay*

As we experience hardship in getting Psycho-Spiritual Counselors not only for our Congregation but for the entire world, we still call on our Leaders of Institutes to consider sending More Sisters to take up this noble course of integrative Spiritual Counselling at Chemichemi Ya Uzima College. We now have all courses both online and onsite, apart from the Diploma finalists who are required to come onsite for Supervision Practicum purposes.

*Written by Sr. Sophia Wanyama, LSMIG*

## INSTITUTE OF CATECHETICS AND PASTORAL MINISTRY

The Institute of Catechetics and Pastoral Ministry (ICAPAMI) was founded by the Association of Sisterhoods of Kenya (AOSK) in response to a growing need for qualified evangelizers. Since its affiliation with the Catholic University of Eastern Africa (CUEA) in 2001, ICAPAMI has expanded its offerings from certificate programs to diploma and bachelor's degrees. Over 500 individuals have been trained as evangelizers through ICAPAMI's programs. These

graduates are serving in various capacities within the Church, including as pastoral coordinators, formators, head catechists, and lecturers at ICAPAMI and other institutions of higher learning. To adapt to evolving needs, ICAPAMI has adopted innovative teaching methods such as blended learning. The curriculum is regularly reviewed and updated every four years to ensure its relevance to contemporary societal challenges. ICAPAMI is committed to supporting its students



through various scholarship programs, including those offered by ASEC (African Sisters Education Collaborative), New Generation Leaders Scholarship, and the AOSK Beneficiaries Fund.

***The main Objectives of the Institute of Catechetics and Pastoral Ministry (ICAPAMI) is to:***

- . Form pastoral agents who will handle catechesis at various levels.
- . Prepare agents of evangelization who will be deeply embedded in the Christian faith.
- . Offer opportunity for reflection and practice in the liturgical aspects of the life of the Church.
- . Offer opportunity for graduates or trained Catechists to advance their theological knowledge.
- . To provide on-going formation for Spiritual Renewal in the church.

### **Achievements of ICAPAMI in the year 2024**

As a department, we have successfully completed all planned activities for this year. We have covered the entire syllabus, and exams were conducted without any issues. Our students have achieved significant milestones, graduating from both CUEA and Chemchemi. A total of 39 students received certificates (15 in May and 24 in December), while 9 completed their diplomas, and 6 earned bachelor's degrees



*Students successfully graduating from Chemchemi College on December 5th 2024.*

### **Outreach at the Star of Hope Children's Home in Juja**

On March 9th, ICAPAMI students visited Star of Hope Children's Home in Juja. The home currently cares for 74 children, ranging from infants to teenagers. Additionally, 16 children are pursuing higher education in colleges and universities, while 7 are participating in outreach programs. These children are supported by generous donors. The children were overjoyed to welcome our students. The day began with a communal cleaning effort, followed by interactions with children of various age groups. The compound was filled with laughter and song. For the older children, particularly the teenagers, activities focused on counseling, coping skills, education, and future career planning

## Certificate of Course Completion

ICAPAMI is one of AOSK's academic programs offering certificate, diploma, and degree programs in Catechetics and Pastoral Ministry. To confer degrees and diplomas, ICAPAMI is affiliated with the Catholic University of Eastern Africa (CUEA). On May 3rd of this year, ICAPAMI began issuing Certificates of Course Completion to our diploma and bachelor's degree students prior to the official academic certificates from CUEA. Bishop Joseph Mwangela of the Catholic Diocese of Kitui graced the occasion as the guest of honor.

## Why Issue Certificates of Completion?

A Certificate of Course Completion provides tangible proof of a student's successful completion of a course, including all lessons and assignments. It serves as a testament to their dedication to learning and professional development. By issuing these certificates, Chemchemi College acknowledges and recognizes the hard work and achievements of its students.



*ICAPAMI students on the occasion of graduation ceremony for 15 certificate students. (Diploma 9 students and Bachelor's degree 6 students who received certificate of course completion).*

On 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 Commencement Ceremony. The theme of this year's graduation was "Celebrating 40 Years of Excellence and Resilience in Transforming Communities Through Ethical Research, Innovation, Education, and Service." A total of 15 ICAPAMI students graduated, with nine receiving Diplomas in Theology and six earning Bachelor's degrees in Theology, both in Catechetics and Pastoral Ministry. Notably, six of the Diploma graduates were

sponsored by ASEC. This marks the first time ASEC has extended its scholarship program to ICAPAMI's Diploma students, previously limited to Bachelor's programs. We express our sincere gratitude to ASEC for their generous support, which has significantly increased the number of Diploma students at ICAPAMI. These graduates are now embarking on various careers, including serving in parishes, religious formation centers, and pursuing further studies.



*ICAPAMI Students graduating from the Catholic University of Eastern Africa*

*Written by Sr. Francisca Musau, ASN*

## ST. ANSELM SABBATICAL PROGRAM

### A Year of Growth and Impact

St. Anselm sabbatical, a program renowned for its positive influence on religious men and women across Africa, continued its legacy in 2024. Beyond its standard program activities, this year marked significant milestones in marketing, participant engagement, and community outreach.

#### Marketing and Outreach

Recognizing the need to expand the program's reach, the sabbatical team actively engaged in community outreach within Karen, Nairobi. By visiting various congregations, the team highlighted the diverse courses offered at Chemchemi College, with a specific focus on the sabbatical program. This outreach initiative not only raised awareness but also addressed misconceptions about the program's purpose and benefits. Furthermore, the team collaborated with the AOSK unit coordinator to leverage AOSK unit meetings as a platform to share information about the sabbatical program. This strategic approach allowed for a wider dissemination of information and increased engagement with potential participants.



*AOSK Sabbatical team during their marketing initiative to congregations.*

## Participant Engagement and Personal Growth

The 44th St. Anselm sabbatical group demonstrated a proactive approach to personal growth by initiating an early morning exercise routine, incorporating aerobic walks into their daily schedule. This commitment to physical well-being complemented the intellectual and spiritual development fostered by the program. In addition, the group actively participated in community outreach initiatives, such as counseling sessions with youth at the Palazzolo Technical and Vocational Training Institute. This collaboration with the Sisters Led Youth Initiative (SLYI) highlighted the program's commitment to social responsibility and its potential to positively impact the lives of others. The sabbatical program also offered opportunities for personal reflection and emotional healing through Emotional Quotient Body Work (EQ Body Work) therapy. Several participants expressed deep gratitude for

the transformative experiences they gained from these sessions, reporting increased inner peace and a lighter emotional burden. The proactive spirit of the 44th group was further evident in their independent organization of a spiritual retreat to the Marian National Shrine in Subukia. This initiative, unprecedented in the program's history, showcased the participants' deep spiritual commitment and their ability to take ownership of their learning experience. To wrap the year, students from the Sabbatical department graduated in a colorful ceremony held at Chemchemi ya Uzima College on December 5, 2024. The Sabbatical students expressed deep gratitude to Chemchemi ya Uzima College for providing a successful four-month period of rest, reflection, and spiritual renewal. They affirmed their readiness to return to their missions and serve with renewed vigor



*Sabbatical Students graduating from Chemchemi ya Uzima College on 5th December 2024.*

*Written by Sr. Victorine Nyawade, FSSA*

## SABBATICAL CONSTRUCTION FUNDRAISER APPEAL



From

Sr. Luciana Wanyahoro, VDM

Director Chemchemi ya Uzima College.

**T**he Association of Sisterhoods of Kenya (AOSK) is an umbrella body of 175 registered member congregations of Catholic Women Religious, representing over 8,500 sisters spread across the 26 Catholic Dioceses of Kenya. Our programming areas include Women empowerment, youth empowerment, early childhood development and safeguarding, education and training, human trafficking, justice and peace, and healthcare. The Association of Sisterhoods of Kenya currently hosts sabbatical candidates at Chemchemi ya Uzima College, which has a growing need for more space and sabbatical-friendly facilities. AOSK therefore is seeking funds to construct a sabbatical Centre in Matasya- Ngong Diocese. This will lead to rejuvenated and committed men and women religious in service of the church, especially to the marginalized and underprivileged. We therefore appeal for your generous contribution of any amount to enable us to accomplish this project. To support, follow the procedure below.

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Lipa na Mpesa

Select Pay bill

Enter pay bill number 891300.

Enter account number 104472

Enter amount

Mpesa pin and wait for confirmation message

Thank you for your generous contribution.

## AOSK IN PHOTOS FOR THE YEAR 2024



*Rt. Rev. Alfred Rotich the Bishop together with several Key political leaders from Kericho County led the Christians in celebrating International Women's Day*



*Catholic Sisters, led by Sr. Pasilisa Namikoye, urge action against GBV with the CS for Gender and NCAJ in April 2024.*



*Sr. Judith Magare,FSJ the AOSK MEAL officer highlighting on the Crucial Role of Monitoring and Evaluation and Reporting during the AOSK CCK AGM.*



*The AOSK Team, the CRS Team and the Team from Malawi posing for a group photo at Tumaini Centre on 12/12/2024.*



*The AOSK Human Resource Sr. Catherine Mulwa posing for a group photo with the Tumaini Hospitality team.*



*Congregational Superiors Posing for a group photo after successfully finishing their 2024 AGM at Chemchemi ya Uzima College.*



*Rev. Sr. Agnes Wanjiku, SJT being awarded as the AOSK superior of the year in recognition of her outstanding commitment and dedication towards the AOSK activities for the past one year.*



*Sr. Regina Nthenya, SSJ the HASK program Manager interacting with Community members from the Catholic Diocese of Lodwar during the HASK Medical Support Visit in July 2024.*



*A group of Religious Sisters from various AOSK Units, along with AOSK Staff, posed for a group photo after completing a week-long training on safeguarding of minors and vulnerable adults*



*Fr. Damian Martel commissioned the AOSK Safeguarders after completing a successful week-long training on safeguarding of minors and vulnerable adults in August 2024.*



*AOSK CCK 12 dedicated religious sisters graduating from the Catholic University of Eastern Africa. Sponsored by the AOSK CCK program, these sisters pursued social work courses to better serve their communities.*



*The AOSK-JPIC Human Rights Teachers and Peacemakers during their visit at one of the Temple in Mombasa to learn more on environmental peace building and interreligious dialogue.*



*St. Paul Mission Hospital in Homabay was honored for its commitment to community health by hosting a medical camp specifically for sisters on November 9, 2024.*



*Sister Juliana Ndunge, LSOSF addressing the AOSK unit leaders during the Annual General Meeting at Dimesse Sisters in November 2024.*



*Religious Sisters from the AOSK Units pose for a group photo following their successful Annual General Meeting at Dimesse Sisters Centre in Karen on 12/11/2024.*



*Mrs. Caroline Wamiti the SLYI program officer addressing the Youth during the Annual General Meeting for the SLYI department*



*Mr. Ekisa Emoto Coordinating the youth during the SLYI AGM at Dimesse Sisters in November 2024.*





*SLYI administrators bidding farewell to Sr. Mercy Mwayi the former Program Manager who has officially taken over the RAHT program as the new Director.*



*Sister Regina Nthenya the HASK Program Manager addressing the Health administrators during the HASK Annual General Meeting.*



*Brother Linus Wasike the AOSK Resource Mobilization Officer empowering the HASK health administrators on Resource Mobilization and Report writing techniques.*



*HASK Program officer Sr. Jerusha Ncabani and other Health administrators keenly following up a presentation during the HASK AGM.*



*HASK Health administrators gather for a commemorative photo following the successful launch of their strategic plan*



*AOSK-CCCK participated in the CCCs Leaders Meeting in Rome from November 11th to 16th. The meeting aimed to 'Journey Together to Transform Care for Children' by exploring new approaches to child care through collective action and future-oriented strategies.*



*Students from Chemchemi ya Uzima College Posing for a group photo after a successful graduation Ceremony on 5th December 2024.*



*Sr. Bernedetta Nzioka, DSH together with Members from AOSK during her Silver Jubilee Celebration on 30th November 2024.*



*Sr. Pasilisa Namikoye, LSOSF during her Silver Jubilee Celebration on 6th December 2024.*



# MERRY Christmas

To: **THE AOSK FRATERNITY**

May the spirit of Christmas fill your heart with warmth and love. Thank you for being a part of the AOSK family. Wishing you a Merry Christmas and a Happy New Year





## AOSK CORE VALUES

Prayer

Charity

Integrity

Respect and Diversity

Accountability