

NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya

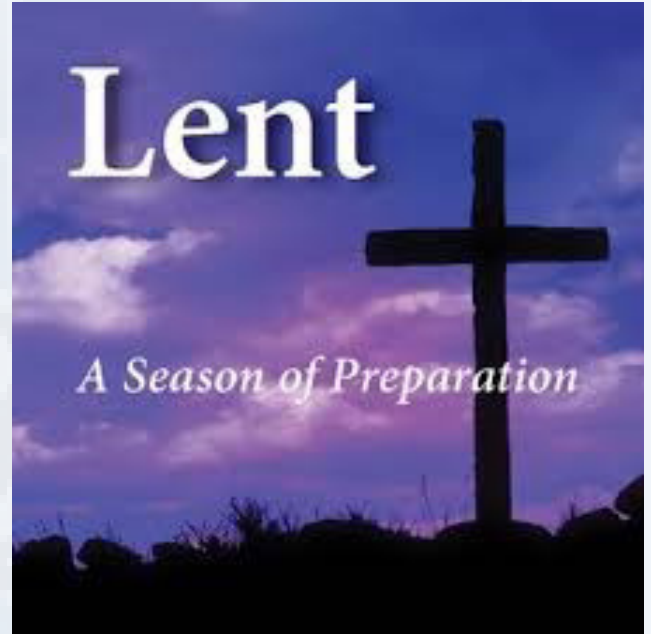
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Why Lent and what is lent?

Lent is a 40-day period of spiritual preparation for Easter, observed by many Christians, including Catholics. It commemorates the events leading to Jesus Christ's death and resurrection, central to Christian faith. The word "Lent" originates from a Germanic term referencing the lengthening days of spring. Traditionally, Lent involves prayer, fasting, and almsgiving, encouraging reflection, repentance, and self-denial. While specific practices may vary, the core purpose of Lent remains a time for spiritual discipline and renewal. For Lent 2025 in Kenya, the proposed theme, "*The Kenya We Desire*," emphasizes

a vision of justice, peace, and unity, calling upon all Kenyans to actively work towards a harmonious and equitable nation.



The Kenya Conference of Catholic Bishops Message.

The Catholic Bishops call for interfaith unity among all religious groups in Kenya to defend human dignity and build a just and peaceful nation, "*The Kenya We Desire*." They emphasize the 2025 Jubilee Year as a time for Catholics to live as "*Pilgrims of Hope*," guided by faith and committed to justice. They urge all to dedicate Lenten Fridays to prayer and fasting for peace in Kenya and globally, particularly in conflict zones. Finally, they request prayers for Pope Francis's health and invoke God's blessings for a fruitful Lenten season and a united Kenya.

Catholic Care for Children in Kenya Start-up meeting January 2025

The Association of Sisterhoods of Kenya - Catholic care for Children in Kenya Program held a start-up workshop for the CCI Administrators in January 2025. The aim was to enlighten them on the National Guidelines on Child welfare programs and the Children's Act as the program transcends to the second phase of implementation. The CCI Administrators were encouraged to keep up the effort on care reforms through collaboration to realize the goal of CCKK to enhance family and community-based care for children. The guidelines provide minimum standards to be adhered to in the provision of Child Welfare Programs. Further, the guidelines also provide a framework within which state and non-state actors shall develop, design, and implement childcare and welfare programs to enhance child rights, strengthen family and community-based care. They further provide for the coordination of the implementation of child welfare programs, eventually enhancing monitoring and evaluation, reporting and effective service delivery. They serve to streamline the provisions of care and child welfare programs for children within family and community-based care in Kenya and contribute to the realization of the Social Pillar of the Kenya Vision 2030. The Guidelines were unveiled with a strong emphasis on their potential to transform the landscape of child welfare in Kenya. They prioritize a comprehensive approach to child development, covering crucial aspects such as health, education, safety, and emotional well-being.

Besides that, the CCI administrators were further enlightened on the Children Act 2022 being the basic Act in matters affecting children. The law introduces stronger mechanisms for protecting children from abuse, neglect, and exploitation. Key measures include: Mandatory Reporting: Individuals and institutions are required to report suspected cases of child abuse and neglect to the relevant authorities and failure to report can result in penalties. The Act forms the basis of all Policies, guidelines and regulations that pertains children. Therefore, the Act provides strong safeguarding and protection mechanisms for children and lays greater emphasis on transitioning children from institutions to families, communities and other alternative care.



Mr. Stanley Hari from the National council for children providing administrators with detailed information on the National Guidelines on Child welfare programs.

Beyond gaining knowledge about National Guidelines on Child welfare programs and the Children’s Act, CCI administrators were empowered through a formal commissioning process, equipping them for Phase II implementation. They pledged their unwavering commitment to partnering with the CCCK program to achieve the program’s objectives.



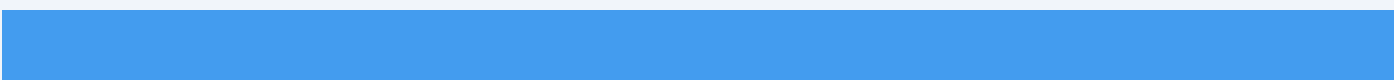
AOSK CCCK administrators being commissioned ahead of phase II of the program

A surge of excitement marked the conclusion of the startup meeting as Phase II of the program was officially launched in a vibrant celebration. Led by AOSK Executive Secretary Sr. Pasilisa Namikoye, LSOSF the unveiling of the official banner, showcasing Phase II’s objectives, ignited a collective sense of purpose. With voices united, the administrators passionately recited each objective, reaffirming their commitment to achieving them.

Overall, the CCI administrators were motivated on seeing the impact of the project in terms of numbers of children who were transitioned from institutions to family based care and to other alternative care. They are determined to make more strides in enhancing transitioning of children from institutions to family setting where they can thrive.

A Crucible of Compassion: AOSK-CCCK’s Transformative Meeting

In the serene retreat centre of Subiaco, a quiet revolution was brewing. The Association of Sisterhoods of Kenya – Catholic Care for Children in Kenya (AOSK-CCCK) recently convened a transformative week-long reflective meeting from February 17th to 23rd, 2025, for 35 dedicated religious leaders. This gathering was no ordinary retreat; it was a strategic investment in the future of child care reform, a crucible where knowledge, compassion, and purpose converged.



Picture this: 35 hearts beating with a shared purpose, a room filled with the quiet strength of religious sisters, priests, and brothers. United by their unwavering commitment to vulnerable children, they embarked on a transformative week of self-discovery and skill enhancement. The numbers? They paint a vivid picture of dedication: 18 sisters and 2 priests delving into the complexities of Social Work degrees, 6 sisters honing practical skills through diplomas, and 8 individuals embracing the holistic approach of Integrative Spiritual Counselling. This isn't just a statistic; it's a testament to their profound dedication to professional growth and the children they serve.



Group photo for AOSK-CCCK Scholars

AOSK-CCCK understands that true transformation goes beyond textbooks. The reflective meeting was a holistic experience, blending academic rigor with spiritual grounding. The scholars delved into the intricacies of research and academic writing, mastering the tools to become effective advocates for change. They also embraced the digital age, honing their computer skills to navigate the vast resources of the online world.

The heart of the meeting was the alignment of personal purpose with the AOSK-CCCK mission. Scholars engaged in deep self-reflection, exploring their motivations and anticipating the challenges ahead. They learned to weave together the threads of Social Work and Integrative Spiritual Counselling, understanding that true care addresses the whole child body, mind, and spirit. This wasn't just about theory; it was about building a foundation for tangible, sustainable change within child care institutions.

AOSK-CCCK isn't just educating individuals; they're cultivating a ripple effect of positive change. By investing in these dedicated religious leaders, the program is ensuring that vulnerable children across Kenya receive the care and support they deserve.

The success of this pre-academic meeting is a beacon of hope, illuminating the path towards a brighter future for Kenya's children. AOSK-CCCK's commitment to fostering knowledgeable, skilled, and compassionate leaders is a testament to the program's unwavering dedication. As these scholars embark on their academic journeys, they carry with them the seeds of change, ready to transform lives and build a legacy of compassion.

By Sr. Hedwig Muse, LSMIG

CAPSTONE PROJECT

The Human rights teachers played a crucial role in creating awareness on retrogressive culture in Kilifi County among other Counties. The target audience were the political, local leaders, elders as well as religious leaders who were sensitized and in turn they were tasked to reach out to their communities as ambassadors of good culture that enhances the values of a human person with a focus on the vulnerable groups in the communities. Retrogressive socio-cultural practices are rooted in cultures and traditions and they directly or indirectly violate human rights.

These are activities stemming from deeply entrenched discriminatory views about the role and position of women and girls in society that result in unequal power relations between men and women, relegating women to an inferior position relative to men. Harmful traditional practices legitimize and perpetuate various forms of violence against women including FGM, early marriage, sexual and gender-based violence, early pregnancy and marriage, among others. The outcome is that women often fail to achieve their full potential as productive members of society because these discriminatory views and harmful practices result in their unequal access to education, healthcare, economic opportunities and leadership positions.

The legal framework provides principles, the first of which is the respect for human rights and fundamental freedoms including the right to life, human dignity, equality and freedom from discrimination on the basis of gender, sex, age, disability, health status, geographical location or social, cultural and religious beliefs and practices. This offers a great

basis with which to be able to intensify efforts to eliminate harmful traditional practices. Another key principle is to use evidence-based interventions and programming, which means that we can look forward to more effective interventions being adopted and scaled up. There are broad objectives, one of which aims to increase gender equity and equality and most importantly, reduction of harmful traditional practices is one of the priority focus areas of the policy.



Mr. Athuman teaching the local leaders and creating awareness on retrogressive culture in Junju



Sr. Lucy training the local leaders on safeguarding at Junju

By Sr. Hedwig Muse, LSMIG

AOSK SISTERS LED YOUTH EMPOWERMENT INITIATIVE

During the month of February the AOSK Sisters Led Youth Empowerment program carried out monitoring visits to 16 Institutions supported with scholarships, mega businesses to assess the readiness of youth to be supported for business startups, and track the progress of the project's implementation. Among the institutions visited include St. Francis Kitale, St. Brendan, Ancilla Eldoret, St. Jude, St. Gonzaga, St. Charles Lwanga, Apostles of Jesus, Teresa Van Miert, Palazollo , Don Bosco Karen, Teresa Nuzzo among others. So far the over 1000 youth supported with scholarships have already finished their one year technical training and are out for attachment in readiness for business startups. AOSK is committed to giving young people the tools, resources, opportunities, and support they need to take control of their lives, make decisions, and have

a positive impact on their communities and the world. Empowering youth enables them to build self-confidence, leadership skills, and a sense of responsibility while promoting their ability to act as agents of change.



Sr. Celestine Theresa, FSSA and Brighton Amuni during monitoring visits to Daughters of the Heart of Mary Dagoretti production unit

By Mrs. Caroline Wamiti

AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

Year of Jubilee

The Year of Jubilee, described in Leviticus 25:10, is a powerful reminder of God's justice, mercy, and provision: "Consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you; each of you is to return to your family property and to your own clan." This sacred time of restoration, debt forgiveness, and freedom reflects God's desire for equity and renewal in society. It challenges us today to practice generosity, reconciliation, and trust in His provision, ensuring that no one is permanently burdened by hardship. The Jubilee calls us to embody God's grace by lifting others up and working toward a world marked by justice and compassion.

On the 12/02/2025 the Bishop Chair of the AMECEA, Bishop Charles S. Kasonde, Launched a campaign for the call of debt cancellation on the African nation in his speech the bishop said" Pope Francis reminds us that debt forgiveness transcends mere economic calculus; it is moral responsibility. When debt burdens entrench poverty, amplify inequality, and stifle economic growth, we are compelled to act especially in this year of Jubilee 2025, themed Pilgrims of Hope". He noted with concern the heavy burden of debt in Africa

which is over \$1 trillion, a staggering increase driven by high-interest loans among others. Many nations in Africa find themselves in dire fiscal situation where debt servicing costs consume over 50% of national revenues, crippling the ability of these nations to invest in critical sectors such as health and education.

It is for these reasons that the Bishops of the AMECEA and Africa as a family to urge their debtors for forgiveness of their debts. This will allow the African nations to restructure and ensure that future generations are liberated from the shackles of debt and be empowered to thrive.

As the Bishops call us to pray for this noble course, we are also invited in this year of jubilee to practice forgiveness, holding each other accountable as well

as our leaders. Africa debt is our debt, corruption continues to be a diabetes as Pope Francis called it in his visit to Kenya in 2015. Integrity and accountability is the way to go.

YA: Catholic Church Launches Historic Jubilee 2025 Debt Cancellation Campaign, Advocating for Justice for All



By Sr. Bernadetta Nzioka, DSH

KENYA CELEBRATES BEIJING +30 YEARS:

The year 2025 marks the thirtieth anniversary of the the fourth world conference on women and adoption of the Beijing declaration and platform for action (1995), it is also the 10 years of the 2030 agenda for sustainable development and its sustainable development goals(SDGs)

Some of the significant gains Kenya has achieved are: -

- Increased participation of women in politics and leadership positions. Greater legal protections against gender-based violence and harmful practices e.g. FGM and early marriage. Though more needs to be done to achieve full protection of women and girls. It was reported efforts have been put to establish partnerships and sensitization to community elders on the harmful practices.
- There are improvements in girls' access to education, with gender parity achieved in primary education
- Economic empowerment programs have expanded women's access to resources such as Credit, land and employment opportunities.

Despite the progress there are still a number of challenges which still make women and girls at risk and vulnerable.

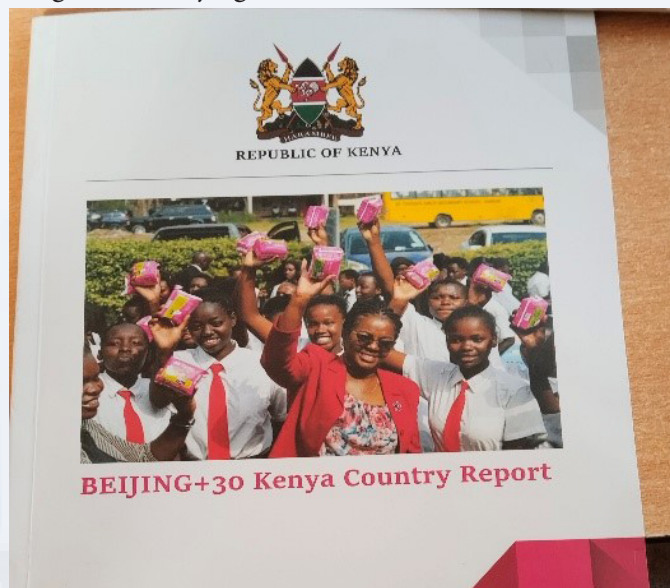
- Gender-based violence remains a challenge and in Kenya the issue of femicide.
- There is still under representation of women in leadership and decision- making roles from grass roots to the national.
- Economic disparities between men and women persist with women earning less than men for the same work

• Discriminatory laws and harmful cultural practices still exist, though there are some legislation on gender equality passed as national policy such as Gender and Development Sexual offences Act, the prohibition against FGM still women and girls suffer.

The Constitution of Kenya is very progressive and has helped a lot especially in women attaining power and raising to positions of leadership however a lot yet need to be done.

On the 20th /02/2025 the ministry of Gender Launched the Beijing +30 Kenya country report during the launch, there was a lot of sharing by women who were there in 1995 and represented Kenya, they acknowledged that a lot has been achieved in the last 30 years however there is still areas where women and girls lack behind especially where harmful practices

still derail young girls from achieving their dreams. Among the speakers was Hon Dr. Zip Kittony, who urged the women and participants present to nurture the gains of Beijing.



By Sr. Bernadetta Nzioka, DSH

SAFEGUARDING CHILDREN AND VULNERABLE ADULTS FOR HUMAN RIGHTS TEACHERS

The AOSK JPIC Human Rights Program had a virtual training on 31st January, 2025 for Human Rights Teachers on Safeguarding. Safeguarding children and vulnerable adults is a fundamental responsibility for any society, and human rights teachers play a crucial role in this effort. Training human rights teachers on safeguarding is essential to ensure that they are equipped with the knowledge, skills, and attitudes necessary to protect and promote the rights and well-being of vulnerable individuals. The

main aim of the training was to equip the teachers with skills and knowledge on how to implement the safeguarding policies in their schools and in their communities. Safeguarding means protecting individuals from mistreatment, it goes further to protect, prevent and detect abuses. It is about people and organizations working together to prevent and stop both the risks and experience of abuse or neglect, while at the same time making sure that the adults' wellbeing is promoted including, where appropriate, having regard to their views, wishes, feelings and

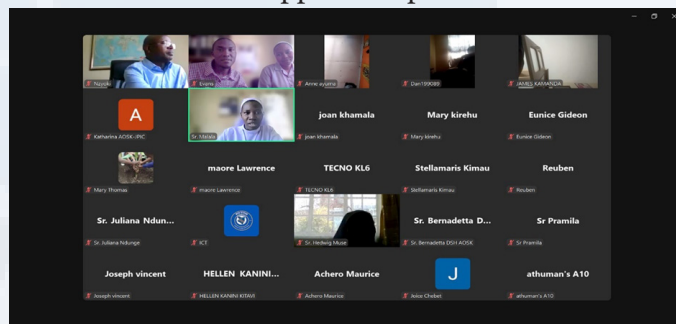
beliefs in deciding on any action. The training was necessary for the Human rights teachers as it aimed to equip teachers with the knowledge and skills to safeguard children and vulnerable adults; to help teachers on how to identify signs of various forms of abuse and take appropriate action effectively and to ensure that teachers know procedures for reporting abuse while maintaining confidentiality. Besides, the training was important for the Human Right's teachers as it also helped them to understand the six principles governing safeguarding. These

principles include: Empowerment which is concerned with raising awareness about human Rights and empowering the vulnerable people; Prevention which means preventing abuse before it happens; Proportionality pertains actions needed to be taken on account of the risk or for the abuse; Protection aims to support and represent those in greatest need; Partnership as a principle speaks to connecting with other organizations that are working with the vulnerable people and ensuring that communities have a part to play in preventing, detecting and reporting neglect and abuse; and Accountability which ensures that the best care and support for children and vulnerable adults and overcoming the culture of silence.

The safeguarding training session was a crucial step in equipping Human Rights Teachers with the knowledge and skills necessary to protect children and vulnerable adults in educational settings. The

comprehensive discussions led by Father Steve emphasized the critical role of safeguarding and the shared responsibility of educators, administrators, and the community.

It is important to note that safeguarding principles, policies and procedures are essential for creating safe environments for children and the vulnerable adults. By fostering open communication, engaging the community, and implementing clear safeguarding policies, we can ensure that educational institutions remain secure and supportive spaces for all.



A snapshot of the participants during the virtual training on safeguarding

By Sr. Lydia Malala, SMK

HEALTH ASSOCIATION OF SISTERHOODS OF KENYA

Maternal and Child Health: A Foundation for a Thriving Future

Maternal and child health (MCH) is the bedrock of a healthy society, shaping the well-being of future generations. The care and attention given to mothers and children determine not only their survival but also their ability to lead fulfilling and productive lives. Investing in MCH is not just a medical necessity but a moral and economic imperative that ensures the prosperity of communities and nations alike.

The Lifeline of Maternal Health

A mother's health is intrinsically linked to the health and future of her child. Quality maternal care must begin even before conception, extending throughout pregnancy, childbirth, and postpartum recovery. Timely prenatal check-ups, proper nutrition, and access to skilled healthcare providers significantly reduce the risks of complications such as preterm birth, low birth weight, and maternal mortality. Beyond physical health, maternal mental well-being is equally crucial. Anxiety, depression, and postnatal stress can affect a mother's ability to bond with her baby, impacting the child's emotional and cognitive development. Providing comprehensive maternal healthcare, including mental health support, is essential in ensuring both mother and child thrive.

The First Thousand Days: The Golden Window

The first thousand days of a child's life—from conception to the second birthday—are a crucial period that shapes lifelong health and potential. Proper nutrition, immunization, and early medical interventions lay the foundation for robust physical and mental development. Malnutrition or neglect during this stage can lead to stunted growth, cognitive delays, and long-term health complications. Breastfeeding is one of the most powerful interventions in child health. It provides essential nutrients, strengthens immunity, and lowers the risk of infections and chronic diseases. The World Health Organization (WHO) recommends exclusive breastfeeding for the first six months, followed by continued breastfeeding alongside nutritious foods for up to two years and beyond. Encouraging and supporting mothers in breastfeeding can have profound health benefits for both the child and society at large.

Challenges and the Path Forward

Despite significant progress, maternal and child health challenges remain widespread, particularly in low-income regions. Limited access to healthcare, poverty, gender inequality, and cultural barriers continue to hinder efforts to reduce maternal and child mortality. Strengthening healthcare infrastructure, providing comprehensive education, and ensuring financial and policy support are critical to overcoming these barriers. Innovation and technology are transforming MCH services. Mobile health applications, telemedicine, and community-driven initiatives are bridging healthcare gaps, providing life-saving information and interventions to even the most remote locations. Governments, non-governmental organizations, and private sectors must work together to implement scalable, sustainable solutions.

A Call to Action

Maternal and child health is not just a medical issue—it is a societal investment with the power to break cycles of poverty and foster progress. Every mother deserves access to quality care, and every child deserves the opportunity to grow up healthy and strong. By prioritizing maternal and child health, we are building a resilient and prosperous future for generations to come. It is time to take action—because when we support mothers and children, we uplift entire communities and nations.



HASK team MCH supportive visits at Consolata Hospital Gitoro in Meru.

By Sr. Jerusha Ncabani, CLFS

AOSK SCORE ECD

LITTLE SISTERS OF ST. THERESE OF THE CHILD JESUS COMMUNITY ENGAGEMENT ACTIVITIES IN MERU COUNTY PREPARING FOR SCORE ECD PHASE IV

As the SCORE ECD Phase IV project prepares to launch, the Little Sisters of St. Therese of the Child Jesus are passionately engaged in conducting community engagement/sensitization activities in Machaka Village – Buuri East Sub-County, Meru County. Sisters Master trainers, Sister Esther, and Sister Annita convened a vital meeting with local chiefs, igniting their support and commitment to partner throughout this transformative journey of community reach out.

The sisters' master trainers also reached out to key stakeholders, including the community health strategy, the community health strategy focal person, the community health promoter coordinator, and the health sub-county coordinator for Buuri East. These dedicated individuals were inspired by insights about the upcoming Phase IV project.

Sister Esther further showcased her skills in ECD work by participating in the Career Exposition 2025 at Kenya Methodist University. This vibrant event allowed high school and college students to display their talents as they educated and inspired others.

Sister Esther demonstrated innovative methods for creating educational play materials from locally available resources, promoting a vision of waste reduction and environmental conservation for sustainable development. The valuable information shared reached approximately 3,000 individuals, leaving a lasting impact. Recognizing the power of her presentation, Sister Esther has been selected to shine in a showcase in Embu County, scheduled for March 11-14, 2025.



*Sister explaining to the guest on
development of play materials*

By AOSK SCORE ECD Master Trainers

AOSK INSURANCE AGENCY

Femina Plus Cancer Cover

Femina plus is an innovative product that improves access to affordable wellness solutions and health protection for women. The product provides access to screenings for breast and cervical and HPV vaccinations. Besides it offers protection in the form of a cash benefit in event of a positive diagnosis for breast, cervical or ovarian cancer.

NOTE: HPV--Human papillomavirus (a group of viruses that can cause warts and cancers a common STI that can affect both men & women)

Important facts

- Women`s cancers are among the leading causes of critical illness and death in Kenya.
- Early diagnosis through regular screenings allows for better treatment and improves chances of survival.
- HPV vaccination reduces the risk of cervical cancer by more than 90%

Product details

- Every Femina plus member has three options to choose from and can be covered for the silver benefits without screening, members who have undergone screening for cervical and breast cancer and have a negative screening result, can access the Gold and platinum.
- Every Femina plus member is paid a cash benefit in case of a positive breast, cervical and/or ovarian cancer diagnosis according to the benefits summary below (exclusions apply). The benefits payouts will be based on the stage of diagnosis.
- Screening and vaccination costs will be deducted from the total benefits limit.

Benefit Limits

All amount in Ksh	Silver	Gold	Platnum
Stage 1	300,000	450,000	600,000
Stage II	1,000,000	1,500,000	2,000,000
Stage III	1,250,000	1,875,000	2,500,000
Stage IV	600,000	900,000	1,200,000

Premium Structures

All amount in Ksh	Annually	Monthly
Silver	6,067	500
Gold	12,094	1000
Platnum	15,108	1200

How to access the Health Services?

Get in contact with the Aosk Insurance Agency and you will be directed on how to access the product. Vaccination and screening services are accessible upon appointment at selected partner hospitals. Femina plus members will be invited to make an appointment to access these services.

NOTE: Screening and vaccination services are free of charge and require no upfront payment.

We are readily available to assist in anyway and just in case of a diagnosis, you will be provided with a patient navigation services to ensure you get the right information and treatment at the right time.

Exclusions

- Claim related to a pre-existing cancer
- Claims for cancer occurring within six (6) months of policy inception
- Claims where death has occurred within thirty (30) days diagnosis.
- Any claim where the application for insurance shall contain any wilful mis-statement or where material information shall have been wilfully withheld.
- Claims for expenses related to inpatient and outpatient expenses not expressly specified.

By Mr. Francis Mbwele Mutuku

AOSK CHEMCHEMI YA UZIMA COLLEGE

Formation Department

The recent community bonding tour for the August 2024 and January 2025 intake groups of formators was a powerful reminder of the importance of human connection. The groups visited Paradise Lost, where a series of engaging activities fostered teamwork and deepened their appreciation for each other and the nature

A highlight of the tour was a visit to an ancient Stone Age cave site, where participants marveled at the stunning beauty of God's creation evoking the words of the psalmist, "O Lord God, how great you are!". This experience inspired reflection on the need to preserve such natural treasures.

The tour also featured an enjoyable boat ride, which in a way served as a reminder of our call to strengthen our community, deepen relationships, and be instruments of peace and connection, much like the disciples were called to leave their boats and be vessels of faith. One of the most awe-inspiring moments came at a majestic waterfall, where the refreshing mist and soothing sounds of cascading water served as a reminder of nature's immense

power and tranquility.

As the day drew to a close, the group gathered to share a meal, creating an atmosphere of warmth and inclusion. The shared experience of food further strengthened their bonds, leaving everyone with a sense of belonging and gratitude.

The bonding tour was a resounding success, offering participants a blend of adventure and reflection that strengthened relationships. As we reflect, we echo the prayer: "Bind us together, Lord, with cords that cannot be broken."



AOSK Formators enjoying a boat ride

By Sr. Florence Nyamai, OSU

Integrative Spiritual Counselling

As we dive into the deep waters of the semester, we continue thanking God for all the graces He freely bestows on us every moment of our life, nothing should be taken for granted. Since the semester began, we have sailed freely in the mercy of the Lord with lectures going on well and students doing their best to accomplish what is expected of them. The second year, those who are on the verge of completing their one and two-year training, respectfully, are for their final touches. We thank their superiors who have made it possible for them to come this far.

As we look forward to the August intake, we still encourage our Major Superiors to consider giving a chance to their members to undertake this noble profession to prepare them to meet the needs that tremendously stand ahead of us. We are filled with gratitude to the AOSK CCK department that identified the gap in the pastoral field of our sisters and brothers and took a good number to get some skills in Integrative Spiritual Counselling at Chemichemi Ya Uzima College. On this same note, we announce the onset of the School Based Program (SBP) that will favor our working sisters and brothers to train during holidays. They will be coming onsite for two weeks only during the holiday, and go back to their duties, this means that they will be onsite three times in a year, thus in May, August, and December, and graduate with a certificate the following year in May. This is a very friendly program for all those who would wish to attain skills for better service.

As we plan, for all those programs, we should also put in mind that the Counsellors and Psychologist Board of Kenya has come up with new directions to facilitate

the practice. Counsellors are required to register, get a Certificate, and be licensed to be eligible to practice. This is for those who have obtained a Diploma in Counselling, meaning that all Certificate holders cannot access registration and therefore cannot practice as counsellors. The penalty attached to this requirement is awesome. On this note, we urge our Superiors from different congregations to consider assisting the Sisters who are still holding a Certificate in counselling to enroll and obtain a Diploma to qualify for registration.

Looking at the state in which our people are living, we cannot ignore the fact that counselling services are inevitable, but we need to be prepared by training and be on standby. We surely need to be ready at all times, given the fact that we are living in a fast-moving society with all its challenges that calls for counselling services. With all this observed and said, we call on God's providence to be able to support the education of our sisters and brothers. We Keep in Prayer; Blessings to all.



*Orientation for the Integrative Spiritual
Counselling School Based Students at
Subiaco.*

By Sr. Sophia Wanyama, LSMIG

Pilgrims

Pilgrims is a phrase often used by the sabbatical participants, meaning that they have hope in their process that by the end of their time in Chemchemi they will be somewhere in their process and will have read their own book. They look at the future with hope, openness, trusting hearts and leave here better than they came. They strongly feel that they are walking together and understand one another after bonding.

The participants are happy and there is a good experience of unity in diversity in the Liturgy and communal prayers. There is beauty in praying together. The participants have four small Christian communities, they enjoy praying together, share a lot of creativity, and varieties of prayers. They express their joy of being in Chemchemi because the place is conducive, which enables them to reconnect with God.

The participants feel that they have blended well with others from other countries. They feel that there is family spirit in Chemchemi, especially in prayer, singing, and a lot of silence observed during recollection.

The participants had a workshop on Human Sexuality

for three days, they enjoyed and they got new insights which they will use in their mission.

The joy of our participants celebrating birthdays together, anticipating the dates some within this month. It was a good experience and full of fun. The wonderful reality of what religious family means. Interestingly, some have never celebrated their birthdays in such a joyful style. They recommend the staff of Chemchemi for always being available, their friendliness, and this makes sabbatical participants feel at home.

On 7th. Feb 2025, there was community service and the participants were happy and fully participated.



Participants participating in Community service

On 14th. Feb. The participants joined in the 12 hour adoration, it was a lovely experience, and they enjoyed. Different groups prepared praise and worship songs; they felt drawn closer to God.

We feel encouraged by the participants' commitment to their personal growth and development as they embark on their personal journey. They have time for their personal reflection and they are happy as they continue reading their own book. Their spirit of community building is evident as they have bonded well. A very gifted group learning and growing together like the disciples of Christ.

By Sr. Leocardia Kemunto, FSJ

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

CONRAD N.



FOUNDATION



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