

# NEWSLETTER

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

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### Pope's Prayer Intentions for April 2025.

#### *Technology should benefit everyone*

For the month of April, Pope Francis's prayer intention focuses on new technologies, emphasizing that their application should prioritize human relationships, uphold individual dignity, and facilitate solutions to contemporary crises. He asserts that technology, a product of divinely granted intelligence, must be wielded responsibly to avert detrimental outcomes.

Specifically, he highlights the perils of social isolation and the erosion of genuine interpersonal

connections, stating, *'There is a problem if we spend more time on our mobile phones than with other people.'* He cautions that excessive screen usage obscures the reality of human presence, leading to the proliferation of cyberbullying and online hostility.

Furthermore, he advocates for equitable access to technological advancements, asserting that they should not be exclusive to a privileged few, as this exacerbates economic, social, labor, educational, and other forms of inequality.

To mitigate these risks, Pope Francis urges the deployment of technology in service to humanity, promoting unity, aiding the vulnerable, enhancing healthcare, fostering a culture of encounter, and safeguarding the environment.

He underscores that technology should not supplant real-world interactions. Consequently, he calls for a reduction in screen time and an increase in face to face engagement, enabling individuals to recognize their shared humanity and kinship as 'brothers and sisters, children of the same Father.'



## Holy week: A Time of Reflection and Celebration for Christians

**H**oly Week is the most solemn week of the Christian year, commemorating the Passion of Christ in the days leading up to Easter. It begins with Palm Sunday, which celebrates Jesus' triumphant entry into Jerusalem, riding a donkey. This day is marked by the distribution of palm branches, symbolizing the crowds that welcomed Jesus. Holy Thursday, also known as Maundy Thursday, is a day of deep significance. It commemorates the Last Supper, where Jesus shared a final meal with his disciples. During this meal, he instituted the Eucharist, the sacrament of Holy Communion, and also the priesthood. Many churches hold special services on this day, including a reenactment of the washing of the feet, symbolizing Jesus' humility and service. Good Friday is a day of mourning, as it commemorates the crucifixion of Jesus Christ. Catholics and many other Christians observe this day with solemnity, often participating in the Stations of the Cross, a 14-step devotion that reflects on the events of Jesus' Passion. The Liturgy of the Passion and Death of Our Lord is also observed, which includes the veneration of the

cross, a symbolic act of honoring Christ's sacrifice. Holy Saturday is a day of anticipation, as Christians await the resurrection of Jesus. It is a day of quiet reflection, often marked by vigils and prayers. Easter Sunday, the culmination of Holy Week, is a day of great joy and celebration. It marks the resurrection of Jesus Christ, his victory over sin and death. This day is considered the most important feast in the Christian calendar, celebrating the central tenet of Christian faith: the promise of eternal life through Christ. Easter Sunday services are filled with joyous hymns, readings, and the sharing of the good news of the resurrection.



*By Sr. Seline Makario, SMK*

## AOSK LEGAL OFFICE

### *Steps in the Conveyancing Process in Kenya*

**I**n Kenya, conveyancing is the legal process of transferring property ownership from one party to another. It involves various steps including due diligence, contract preparation, contract reviewing, management of fund transfer among others.

Completing these steps can be intricate and time-consuming. In addition, ensuring legal compliance is paramount to achieving a valid transfer of ownership. Therefore, having a conveyancing lawyer becomes critical to ensure all steps legally

followed. A thorough inspection of the property and negotiation with the seller are two of the most critical steps buyers must take before finalizing any transaction. The conveyancing process refers to the legal steps involved in transferring property ownership

from one party to another. This process includes verifying ownership, drafting contracts, paying relevant taxes, obtaining approvals, and registering the new owner with the Ministry of Lands. Before proceeding with a property transaction, verifying ownership and confirming that the property is free from encumbrances such as loans, disputes, or government restrictions is essential. Once due diligence confirms the property's legitimacy, the next step involves drafting a sale agreement. This legally binding document outlines key terms. After signing the sale agreement, the buyer typically

pays a deposit, usually 10% of the purchase price, following industry standards. To enhance security, the lawyer often holds this amount in an escrow account. Kenyan law mandates that buyers pay stamp duty before registering the property transfer unless it is a charitable organization with tax exemption. Additionally, sellers may be required to pay capital gains tax (CGT) and clear outstanding land rates. Lawyers ensure accurate tax calculations and timely payments to prevent future legal complications for transactions involving agricultural land, obtaining approval from

the Land Control Board (LCB) is mandatory. Without this consent, the sale becomes void.

The documents are submitted to the Ministry of Lands for registration. After processing, the buyer receives the title deed, officially completing the transfer of ownership. After the title registration, the buyer takes full possession of the property. Advocates ensure that all legal formalities, including the issuance of completion documents, are finalized. Consequently, buyers can confidently take ownership, knowing that all necessary legal steps have been completed.



*By Sr. Hedwig Muse LSMIG, Advocate.*

## CAPSTONE PROJECT IN SAMBURU

According to UNICEF, Kenya has the 20th highest absolute number of child brides in the world. 23% of girls are married before the age of 18 and 4% are married before they even reach the age of 15. Every year, the Gabra tribe amongst other tribes of north-east Kenya holds a three-day mass-marriage ceremony. Across the region, hundreds of couples get married during a single auspicious weekend of celebration. Research shows that, for a period of five years, due to climate change, Kenya's northern region, in particular, increasingly face frequent droughts, water shortages and depletion of grazing land resulting in the

death of livestock, which are the economic backbone of pastoralist communities. While there aren't widely agreed figures as yet, gender experts through some reports, highlight that there is a strong link between the rise of child marriage and climate change. To cope with tough economic circumstances, desperate families often encourage their daughters to drop out of schools and marry in exchange for dowries, which comprises of new clothes, drums of fresh milk and several camels. Camels are highly valued for their milk and meat, and their use in transporting people and goods across long distances in Kenya's northern desert land.

Kenya outlawed FGM in 2011 and imposed tough penalties on perpetrators and those abetting the practice. Despite this law, FGM remained rife in the country. Following Dr Tatu Kamau' 2017 constitutional petition that called for the Prohibition of Female Genital Mutilation Act to be declared unconstitutional as it discriminates against "national heritage." She argued that women above the age of 18 would have the right to choose. Under this law, individuals who are found partaking in the practice could be sentenced to three years in prison, even if it is done outside Kenya's border. This has enabled Kenya to be seen as "progressive" in ending the harmful practice, but there is still more that needs to be done in tightening the laws as millions of girls are still at risk.

Kenya banned Child marriage in 1990 following the Convention on the Rights of the Child, a United Nations human rights treaty between nations to protect children against various types of abuse. In addition, Kenya is a signatory to various laws that

prohibits child marriage including the Children's Act of 2022, the Sexual Offences Act of 2006, and the Marriage Act of 2014, which explicitly prohibits the marriage of children under 18 and further criminalized this practice. While the country has put some efforts in this commitment, the country is still far from meeting the goal to end harmful practices through legal and institutional framework.

A successful forum on creation of awareness against harmful culture was held in Samburu County targeting local administration, council of elders, Nyumba kumi, Police, Community health promoters, health workers, gender officers, Catholic Justice and peace department, media, in collaboration with County Commissioner of Samburu. The various stakeholders expressed the challenges as well as the steps they have taken to surmount harmful culture with FGM topping the list. They expressed that in a number of places, the enforcement of laws against female genital mutilation and the punitive legal approach has driven the practice underground or to be performed in the privacy of the family or community and shrouded in secrecy at night. Further, they said the law enforcement officers often lack accessibility to rural areas where it is carried out. There is a gap in the protection afforded by existing legal frameworks. While Kenya has criminalized FGM nation wide, it however fails to recognize the obligation of other states to protect all children within their jurisdiction and does not take into consideration the mobile, transnational character of practicing communities. Besides, there is insufficient collaboration among governments across borders as girls living near border areas are most vulnerable.

Kenyan laws prohibit child marriage, but such laws are not tightened due to the plural legal systems where customary, traditional, or religious norms appear to support child marriage. Crucially, gender inequalities across Kenya also drive child marriage. In many communities where child marriage is practiced, girls are not valued as much as boys, they are considered to be a burden or a commodity. However, from the testimonies and stories shared by the participants in Samburu, enhanced collaborative approach is a great step in ending harmful culture in Kenya.



*Sr. Hedwig Muse, LSMIG and Sr. Lydia Malala, SMK having a conversation with the Samburu County Commissioner ahead of the CAPSTONE workshop*

*By Sr. Hedwig Muse LSMIG.*

## HEALTH ASSOCIATION OF SISTERHOODS OF KENYA

### *The value of preternal care for mothers*

**A**ntenatal care (ANC) is a crucial component of maternal health, ensuring the well-being of both mother and unborn child throughout pregnancy. ANC involves routine medical examinations, tests, and counseling to identify and mitigate potential complications. Access to and utilization of appropriate ANC significantly reduces the risk of maternal and infant mortality, benefiting both the mother and the child. One of the primary advantages of ANC is the early detection of pregnancy-related complications. Conditions such as anemia, hypertension, and gestational diabetes can be identified and managed promptly, preventing serious adverse outcomes. Regular check-ups allow healthcare providers to monitor the mother's health, track fetal development, and provide necessary interventions when required. Nutrition and lifestyle counseling are integral aspects of ANC. Expectant mothers receive evidence-based guidance on maintaining a balanced diet rich in essential nutrients like folic acid, iron, and calcium, which are vital for healthy fetal development. Furthermore, ANC provides crucial information on avoiding harmful substances such as alcohol, tobacco, and certain medications that can negatively impact the developing fetus. Vaccination is another key element

of antenatal care. Immunizations, such as the tetanus vaccine, are administered to protect both the mother and the newborn from preventable infections. Regular ANC visits also offer opportunities for education on safe delivery practices, preparing mothers for labor and the postpartum period. This knowledge empowers women to make informed decisions and contributes to safer childbirth experiences. Mental health support, though often overlooked, is a significant benefit of ANC. Pregnancy can be a period of emotional adjustment, and addressing mental well-being is as important as physical health. Healthcare professionals can offer guidance on stress management, coping strategies, and emotional preparedness, which can help reduce the risk of prenatal and postnatal depression. Moreover, ANC can encourage male involvement in pregnancy, fostering a supportive environment for expectant mothers. When partners attend ANC sessions, they gain a better understanding of the physiological and emotional changes associated with pregnancy and

learn how to provide effective support, strengthening family bonds. Despite the well-documented benefits of ANC, many women, particularly in rural and underserved areas, continue to face significant barriers to accessing adequate care. Financial constraints, cultural beliefs, limited availability of healthcare facilities, and lack of awareness often prevent women from seeking necessary services. Governments and healthcare organizations must prioritize improving accessibility and educating communities about the importance of regular ANC visits. In conclusion, antenatal care is indispensable for ensuring healthy pregnancies and safe deliveries. It provides essential medical support, nutritional guidance, mental health assistance, and vital education for expectant mothers, ultimately reducing the incidence of pregnancy-related complications. Ensuring universal access to quality ANC is a critical investment in maternal and child health, contributing to a healthier and more prosperous future for all.



*Pregnant mothers at St. Paul Mission hospital being educated on the safety measures to consider during pregnancy.*

*By Sr. Jerusa Ncabani, CLFS*

# AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

## *Contribution of Catholic Sisters in Championing, Rights, Equality and Empowerment*

Catholic sisters have played a pivotal role in advancing the rights and empowerment of women and girls around the world. As educators, healthcare providers, social workers and advocates for justice, they have dedicated their lives to uplifting those in needs. Their work extends beyond charity- it is a deep commitment to social justice, equality, and the dignity of every person. In education, Catholic sisters have established schools and institutions that provide girls with access to knowledge, breaking the cycle of poverty and opening doors to opportunities. In healthcare, the sisters have built hospitals and clinics that serve women and children often in the most under-served regions of the world. Their compassionate care extends beyond physical healing, addressing the holistic well-being of individuals and communities. Beyond education and healthcare, Catholic sisters have been on the front lines of the fight against human trafficking, domestic violence, and systemic injustice. They have worked to provide refuge for survivors, advocate for policy changes, and challenge societal norms that oppress women. Their faith -driven mission aligns with the fundamental principles of human rights, emphasizing the inherent dignity and worth of every individual. As saint Teresa of Calcutta famously said, "I alone cannot change the world, but I can cast a stone across the waters to create ripples". The impact of Catholic sisters is precisely that- a ripple effect that continues to shape generations of empowered women and girls.

### *Biblical and Catholic Teaching on Rights, Equality and Empowerment*

The foundation of human dignity, equality and empowerment is deeply rooted in Biblical scripture and Catholic social teachings. Holy Scriptures reminds us that all human beings are created in the image and likeness of God. (Gen 1: 27). It still calls on us to be the mouth piece of those who cannot speak for themselves and whose rights are defiled or denied-call to defend the rights of the poor and the needy (Proverbs 31:8-9). Jesus engaged meaningful dialogue with women, uplifted them and granted them roles as key witnesses to His resurrection. The Church teaches that Gender equality is not just a modern social concern but a reflection of Gods Divine justice. The Catechism of the Catholic Church emphasizes on the equal dignity of all persons and by embracing these teachings we affirm the call for justice, equality and empowerment of Gods will for humanity.

*By Sr. Juliana Ndunge, LSOSF*

### *Celebrating International Women's Day*

On March 8th, 2025, the Association of Sisterhood of Kenya (AOSK) meaningfully commemorated International Women's Day in Bungoma, centered around the theme: "Rights, Equality, and Empowerment for All Women and Girls." This annual event served as both a celebration of women's achievements and a call to action for the ongoing pursuit of gender equality and the empowerment of women and girls nationwide. AOSK has been at the forefront of advocating for women's rights in Kenya, focusing on

providing support and promoting legislation that advances gender equality and women's empowerment. The celebration offered an opportunity to reflect on progress made and underscore the importance of dismantling barriers that hinder women and girls from fully realizing their potential. International Women's Day, first observed in 1911, has evolved into a global event highlighting the social, cultural, economic, and political contributions of women. It also serves as a crucial reminder of the persistent struggle for gender equality. The day provides a platform for global unity in opposing discrimination and violence against women, fostering awareness and action for the protection of women's rights. This year's theme, "Rights, Equality, and Empowerment for All Women and Girls," was particularly pertinent, drawing attention to existing disparities such as gender-based violence, economic inequality, and educational barriers. AOSK utilized the day to advocate for policies and initiatives that support inclusive growth, ensuring women and girls have equitable access to opportunities and rights. The event saw participation from women, girls, and men across the country.



### *The AOSK JPIC team together with peacemakers and Human Rights all over the country celebrating IWD*

The inclusion of men was especially significant, as gender equality necessitates the involvement of all members of society. Their presence demonstrated a commitment to ending gender-based violence, supporting women's leadership, and challenging harmful stereotypes, emphasizing the universal benefits of gender equality. A key moment was the Mass led by Bishop Mark Kadima, the Bishop of the Diocese of Bungoma, who served as the main celebrant. In his homily, Bishop Kadima emphasized the importance of availability, loyalty, and protection towards loved ones. These principles directly resonated with the day's theme, highlighting the need to listen to women, remain dedicated to the fight for gender equality, and safeguard women and girls from violence and discrimination. Bishop Kadima's message powerfully reinforced that the protection and empowerment



of women are a shared societal responsibility, advocating for mutual respect and the protection of human rights for all. AOSK's celebration of International Women's Day was an inspiring event that underscored the continued importance of advocacy, unity, and action. It served as a reminder that the pursuit of gender equality is ongoing, but with sustained effort and solidarity, a future where women and girls live empowered, equal, and free lives is attainable.



*Bishop Mark Kadima of the Catholic Diocese of Bungoma Officially Flagging off the 2025 IWD ceremony.*

*By Sr. Juliana, LSOSF & Sr. Lydia, SMK*

## *Gender Responsive and Beijing Evaluation*

Kenya delegates among them Sr. Bernadetta JPIC coordinator Joined global community to mark the thirtieth anniversary of the Fourth World Conference on Women and adoption of the Beijing Declaration and Platform for Action (1995) Commission for Women Status, from March 10th – 21 in New York USA.

The main focus of the sixty-ninth session was on the review and appraisal of the implementation of the Beijing Declaration and Platform for Action and the outcomes of the 23rd special session of the General Assembly. The review included an assessment of current challenges that affect the implementation of the Platform for Action and the achievement of gender equality and the empowerment of women and its contribution towards the full realization of the 2030 Agenda for Sustainable Development. Countries shared their Strides on the implementation of the Beijing Declaration were there are still gaps each country would still attend to. One of the thorn issues in Kenya is on Gender Based Violence, Retrogressive cultures and the failure to implement the 2/3 gender rule. These is a challenge for each one of us as gender champions to do introspection on our contribution in realizing gender equity and realizing women rights which are Human rights

*By Sr. Bernadetta Nzioka, DSH*

## *Championing Child Rights through Creative Expression*

The AOSK Justice, Peace and Integrity of Creation (JPIC) Human Rights Programme continues to play a vital role in promoting the rights and dignity of children in Kenya's school communities. One of its meaningful initiatives is the organization of interactive school activities that bring together students and teachers to engage with human rights issues through creative expression. Recently, such an activity took place at Tartar Comprehensive School in West Pokot, with participation from five schools in the area. The event was organized by Sr. Pamela, a trained Human Rights Teacher under the AOSK JPIC programme. Through poems, skits, folk songs, and dramatizations, learners showcased their understanding of children's rights and voiced their concerns on issues affecting them. Children enabled differently were also included, Keringet School for the Deaf made a powerful impact with a poem on the inclusivity of children with special needs in education. Their presentation emphasized the importance of accessible and accepting learning environments that offer equal opportunities for all. Other Schools like St. Elizabeth School contributed a folk song addressing the issue of early marriages, drawing attention to harmful cultural practices that deny children especially girls their right to education and childhood.

These activities in schools embodies the holistic mission of the Human Rights Programme: empowering teachers and students alike to become advocates for justice and inclusion. The programme trains teachers not only to understand child rights but also to pass that knowledge on helping students form Human Rights Clubs and take leadership in

championing their rights. For learners, this event is a moment of empowerment. It gives them an opportunity to express themselves creatively, reflect on their realities, and listen to the experiences of others.

It encourages learners to bring out their confidence, critical thinking, empathy, and teamwork, skills that extend beyond the classroom.

For educators, the event serves as a reminder of their role as right defenders within the school system. It deepens their understanding of the diverse challenges faced by learners and reinforces the need for safe, inclusive, and rights-respecting environments. Overall, the activity reinforced the importance of grassroots engagement in human rights education. It showed how creative platforms can make complex social issues relatable, sparking meaningful conversations and action. As we reflect on this event, one message stands out: When children are given a platform to speak, they don't just raise their voices they raise awareness, spark change, and shape a more just future for all.



*Students from Tartar Comprehensive school presenting a narrative on the influence of parents on career choices.*

*By Sr. Lydia Malala, SMK*

## AOSK CATHOLIC CARE FOR CHILDREN IN KENYA

### *Fostering Change: A Community Dialogue on Child Care and Safeguarding in Amukura in Teso South*

In a proactive move towards fostering child care and safeguarding, the Association of Sisterhoods of Kenya, Catholic Care for Children Program (AOSK-CCCK) in the month of March organized a community dialogue at Amukura in Teso South Constituency in Busia County. The event brought together more than 300 community members with a focus to discussing and deliberating on issues concerning care for children. The dialogue aimed to shed light on the factors contributing to the neglect and abuse of children, particularly those enabled differently, within the community. Facilitators guided community members to discuss and reflect on the challenges faced by vulnerable children, emphasizing the importance of traditional values in caring for and protecting minors and vulnerable adults. One significant revelation during the dialogue was the impact of alcohol, drugs, and changes in lifestyle on the prevalence of child abuse and early marriages. Poverty emerged as a common thread, highlighting how economic struggles contribute to lack of concern for one's neighbors and their children. The discussion also unveiled a disturbing trend of parental neglect, where many children were left to fend for themselves, making them more susceptible to abuse. The community dialogue served as a platform for residents to open up about the underlying issues, fostering an environment conducive to addressing the root causes of child neglect and abuse. The participants expressed excitement at having an open conversation about the challenges faced by families in caring for and safeguarding their children. The event served as a catalyst for community-driven initiatives to address the prevalent issues, with an emphasis on collaborative efforts to create a safer and more supportive environment for children. In conclusion, the community dialogue organized by AOSK-CCCK Program provided a much-needed space for residents of Amukura to address critical issues affecting child care and safeguarding. By acknowledging the challenges and working collectively towards solutions, the community has indents to a significant step towards fostering a protective environment for its most vulnerable members.



*Sr. Judith Auma engaging the community members on Positive parenting*

*By Mr. Joseph Wichenje*

## AOSK SCORE ECD

### *Review of Mother and Child Handbook*

In March 2025, SCORE ECD was invited by the Ministry of Health, in collaboration with PATH, to a workshop in Machakos at the Gellian Hotel. The purpose of the workshop was to review the Mother and Child Health (MCH) handbook, which has been adopted by the Ministry of Health to promote integrated service delivery across the continuum of care from pregnancy to a child's fifth year. This week-long exercise took place from March 17th to 21st, 2025.

The MCH handbook is a critical tool for delivering Reproductive, Maternal, Newborn, and Child health (RMNCH) services and serves as a valuable source of national data. It functions as a home-based record, kept by the mother, guardian, or family, and is updated at each health facility visit. This ensures continuity and integration of all high-impact RMNCH interventions.

Over 50 participants from various health sectors attended the review, including representatives from the Newborn and Child Health Section, the Division of National Vaccines & Immunization Program, the Reproductive & Maternal Health Section, and the Adolescent Health Section. Stakeholders from organizations such as CRS, PATH, and LWALA also participated.

The workshop was highly interactive, and several key reviews and recommendations emerged, including:

- **Enhancing the Newborn and Child Health section:** This includes incorporating danger signs for older children and adding components of good health such as adequate nutrition, safety and security, responsive caregiving, and opportunities for early learning.
- **Updating the National Vaccines and Immunization Program division:** Suggestions included adding new vaccines like the Inactivated Polio Vaccine (IPV) and the Human Papillomavirus (HPV) vaccine.
- **Strengthening collaborations:** Forging strong partnerships with entities like the Early Childhood Development (ECD) network to create dynamic, multidisciplinary training sessions that utilize the handbook as a foundational resource.
- **Addressing knowledge gaps:** Tackling the pressing need to equip healthcare workers with the essential information required to provide exceptional care.
- **Streamlining the handbook:** Distilling the content to include only the most crucial indicators, ensuring clarity and focus for users.
- **Improving pre-service training:** Enhancing and elevating pre-service training programs in educational institutions to cultivate a new generation of skilled healthcare professionals.
- **Engaging the Ministry of Health (MOH):** Involving the MOH in the critical process of curriculum development to ensure educational guidelines align with national health priorities.
- **Prioritizing on-the-job training (OJT):** Offering timely updates and hands-on experience to healthcare workers to enrich their professional competencies.

- **Launching a virtual academy:** Creating an innovative virtual platform designed specifically for healthcare workers to provide accessible continuous learning and growth opportunities.

- **Distributing the MCH handbook widely:** Ensuring that all healthcare workers have access to the handbook, eliminating reliance on alternative resources and empowering them with comprehensive guidance for their vital work.

The text also briefly mentioned the importance of fathers and caregivers in a child's development, highlighting activities like feeding, playing, and comforting to establish strong, loving relationships. It concluded by emphasizing the rapid growth and

learning in early childhood and the significance of a strong mother-baby bond for lifelong health, happiness, and resilience.



**Discussion groups on review of the MCH Booklet**

**By Sr. Teresa Yator, ASE**

## AOSK INSURANCE AGENCY

### *Educational Insurance*

**A**n education insurance policy allows you to save towards your child's education. The plan enables you to set aside a given amount either monthly, quarterly or annually for a specified period of time to have sufficient funds to invest in the quality of education you desire for your child. It also has a protection component that pays out the amount you intend to your nominated beneficiaries in the unfortunate event of your demise

### ***Factors to Consider on Purchasing Education Insurance?***

- **Type of school:** It can either be private or public depending on where you want your child to be
- Curriculum you want for your child: Local or International i.e. CBC (Competency Based Curriculum), 8.4.4 or IGCSE, etc.
- **The amount to be set aside periodically;** this premium depends on the future cost of education determined by your preferred calibre of institution and inflation. The duration between when you start paying and when you want the insurance policy to start paying you, that is either at primary, secondary or tertiary levels also depends on the education system you have enrolled your child in with a minimum and maximum of 8 and 17years respectively.

### ***Key Features of Education Insurance***

- **Affordability**-In case you lose your source of income, the premium payments can be reduced up to Ksh 2,000/- then later revise them upwards when your circumstances improve.

- ***Flexible payment options***-- You can opt to pay premiums monthly, quarterly or annually which is suitable for self-employed as well as salaried employees.
- ***Premium waiver in the unfortunate event of your demise***-- In this event, the company takes over the payment of the premiums until the policy attains maturity. Thereafter the beneficiary will be paid the Sum Assured plus the accrued bonuses, with your child as the primary beneficiary.
- ***It grows your savings***-- Our education policy combines the life insurance cover aspect with investment. The interest your premium contributions earn are given back to you in form of bonuses. However, it is important to note that the amount that is guaranteed is your Sum Assured, the bonuses are paid out subject to market performance during the duration of your policy.
- ***You can choose how your investment gets paid to you on maturity***-- You can get paid your maturity value in lump sum, in four (4) equal annual instalments or in eight (8) termly payments that are structured according to the Kenyan Education System academic terms.
- ***Tax-Free benefit***-- When your policy matures, you will get the full Sum Assured paid to you Tax-Free.
- ***Guarantee your child's education***-- In the unfortunate event of your demise, your child can still have the quality of education you envisioned for them. That said, it is very important that you ensure you have structures in place to ensure that the people who are left in control of your funds use it as you desired. In order to protect your legacy for your intended purposes, it would be advisable to consider Estate Planning and perhaps set up a Trust.

*By Mr. Francis Mbwele*

## PAX CHRISTI INTERNATIONAL

### *Pax Christi Empowers Religious Sisters in Kenya on Active Nonviolence and Peacebuilding*

**P**ax Christi International, a Catholic peace movement focusing on human rights, security, disarmament, nonviolence, and nuclear issues, facilitated training in Nakuru, Kenya, from January 19-26, 2025. The program, led by Dieudonné Serukabuza and others, equipped sixteen sisters from Nakuru, Kisumu, and Kericho with skills in active nonviolence, peacebuilding, non-violent communication, and trauma healing. Interactive sessions like role-play and problem-solving were used.



*Sisters Training as ToTs in Nakuru back in January 2025*

The trained sisters aim to build capacity in religious communities on these topics. Participants found the training valuable for their own healing and to better support others. They committed to sharing their knowledge to empower a new generation in peacebuilding. In March 2025, the Trainers of Trainers (ToTs) began giving back to their communities, focusing on active non-violence and trauma. They encouraged community members, youth, and religious individuals to become peace advocates. Active Nonviolence was presented as a way of life using peaceful means to resolve conflict. The training included discussions on defining and identifying different types of violence: physical, psychological, sexual, economic, and structural. Participants shared experiences, highlighting domestic and gender-based violence. Lessons emphasized recognizing signs of violence and seeking support. Also, participants learned that violence is an act of physical force intended to cause harm and can be distinguished from aggression, a broader category of hostile behavior that may be physical, verbal, or passive. Active non-violence was introduced as a philosophy for peaceful conflict resolution and a method for resolving conflict and violence through peaceful means. It involves active participation and resistance against injustice without resorting to violence, featuring key figures like Gandhi, King Jr., Mandela, and Mother Teresa. Nonviolence is a tool for societal change, requiring strength and patience. Active nonviolence is a lifestyle using peaceful conflict resolution, emphasizing “I” statements in communication. Participants reflected on anger responses and learned alternative, peaceful ways to handle disputes, encouraging youth to be peace ambassadors. Active nonviolence was emphasized as the best tool and approach for social change and conflict resolution and is often driven by moral, religious, or spiritual principles, as well as strategic or pragmatic considerations, aiming to resist injustice and oppression without resorting to violence. It was agreed that we would practice and adapt all these to have a peaceful coexistence with each other



*ToT's Impacting knowledge of active nonviolence to school going children and the Novices*

*By Sr. Seline Makario, SMK*

## AOSK CHEMCHEMI YA UZIMA COLLEGE

### *Formation of Formators: Strengthening Ethical Foundations and Spiritual growth*

The Formation of Formators program continues to provide a dynamic training experience. The August 2024 and January 2025 intake groups are now approaching midsemester. As part of their journey, they recently engaged in two significant events that enriched their intellectual and spiritual formation.

#### *Symposium on Integrity in Use of AI in Academic Work*

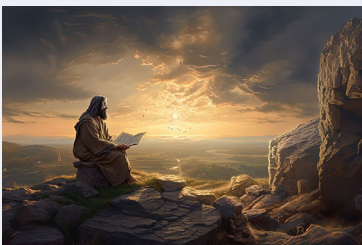
On Friday, March 21, 2025, the formators-in-training participated in a symposium on Integrity in Use of AI in Academic Work, presented by Dr. Ann Rita Njagi, a scholar in ethics and education. In an era where AI is revolutionizing learning and research, Dr. Njagi emphasized the importance of ethical considerations in academic work.

The session covered responsible AI use, avoiding academic dishonesty, and fostering critical thinking. Participants reflected on how ethical AI principles align with the core values of formation: authenticity, accountability, and intellectual integrity. The discussions underscored the role of formators in guiding future generations to navigate technology while upholding moral and academic standards.



*Upstanding singing the AOSK Anthem to begin the symposium*

#### *A Lenten Observance with Jesus: Day of Recollection*



On Saturday, March 22, 2025, the formators-in-training took part in a day of recollection, guided by Rev. Fr. Samson Ongaki, OCD. Themed A Lenten Observance with Jesus, the day offered a spiritual pause amid their rigorous training. Fr. Ongaki led reflections on Lent as a time of renewal, penance, and deeper communion with Christ.

Through silence, scriptural meditations, and communal prayers, participants examined their formation journey and discerned their call to grow in faith and service. The day fostered interior renewal, reinforcing the spiritual dimension of their vocation as future formators. The session covered responsible AI use, avoiding academic dishonesty, and fostering critical thinking. Participants reflected on how ethical AI principles align with the core values of formation: authenticity, accountability, and intellectual integrity. The discussions underscored the role of formators in guiding future generations to navigate technology while upholding moral and academic standards.



## *Integrating Insights into the Formation Journey*

These events; one on ethical academic practices and the other on spiritual renewal, highlight the comprehensive nature of formation training. Engaging with contemporary ethical issues prepares participants to be intellectually grounded and morally responsible educators. Meanwhile, the day of recollection nurtures their spiritual depth, ensuring they remain rooted in prayer and personal conversion. As their formation continues, these experiences serve as stepping stones toward becoming reflective and ethical formators who will guide others with wisdom, integrity, and faith.

*By Sr. Catherine Mutuku OSB*

### **ICAPAMI COMMUNITY OUTREACH AT KIBIKO**

#### *The shelter children's home*

**T**he Shelter Children's Home, also known as Simba Village, was established in 1997 to provide care and support to vulnerable children. It is located on the outskirts of Nairobi, near the Ngong Hills in the Maasai area of Kibiko, Kajiado West Sub-County. The home currently accommodates 153 children, both boys and girls, ranging in age from 2 to 18 years. Over the years, Shelter Children's Home has achieved significant milestones and positively impacted the lives of numerous children and the surrounding Maasai community. On March 8th, students from ICAPAMI visited Shelter Children's Home. Upon arrival, the students and children gathered in the hall for an orientation session. The social worker provided a brief introduction to the home. Following introductions and initial bonding, the children were divided into age groups, and each group engaged in age-appropriate activities. The visitors had a wonderful day interacting with the children, creating an enriching experience filled with fun, informal counseling, mutual learning, and play. The students and the administration of AOSK Chemchemi ya Uzima College also presented food items and other donations.



*ICAPAMI students posing for a photo with Children from the shelter Children's home.*

*By Sr. Francisca Musau, ASN*

# INTEGRATIVE SPIRITUAL COUNSELLING (ISC) DEPARTMENT

## *Gratitude and Semester Overview:*

**W**e begin by expressing our sincere gratitude for the blessings and guidance received throughout a busy yet productive semester. Despite a demanding schedule, the semester progressed smoothly under diligent oversight. We are now in the final stages, with students preparing for their end-of-semester examinations.

## *Academic Performance and Student Progress*

All lectures were successfully delivered, and students effectively completed their term papers, demonstrating resilience and achieving commendable results. They are currently focused on preparing for their closing examinations, marking the culmination of their semester's efforts. We commend our second-year students who are diligently finalizing their practicum placements, positioning them for graduation in November of this year. Their dedication and perseverance throughout their studies are noteworthy. We also extend our appreciation to their respective Congregational Leaders for their invaluable support in enabling these students to pursue this significant course of study. Following in the footsteps of their seniors, the first-year students are actively engaged in developing their long essays. Recognizing the limited time remaining in their program, we are committed to providing ongoing encouragement and support to ensure their successful completion of their training within the stipulated two semesters.

## *New Intake and Program Expansion*

Looking ahead, we are pleased to announce the upcoming intake for the Integrative Spiritual Counselling (ISC) program, commencing in August 2025, which marks the beginning of our new academic year. As our second-year students prepare to graduate and enter the professional field, this creates opportunities for new students to join this vital program. Excitingly, we are also actively pursuing the launch of a Bachelor's degree program in Integrative Spiritual Counselling. This specialized course addresses a significant need in our dynamic world and, notably, is currently offered exclusively at ChemChemi ya Uzima College within our country. We encourage interested individuals to stay informed about upcoming announcements regarding this development and to seize this unique educational opportunity. Our dedicated Director, Sr. Luciana Wanyahoro, VDM, is working diligently to bring this vision to fruition.

## *Importance of Integrative Spiritual Counselling*

Observing the challenges faced globally and within our nation, we reiterate the critical importance of Integrative Spiritual Counselling. This course equips individuals with the necessary skills to effectively support those navigating difficult life circumstances. The ability to provide empathetic listening and a supportive presence is essential in helping individuals cope with the horrific situations they may encounter. Therefore, we strongly believe that acquiring skills in this noble field is beneficial for everyone.

## *Conclusion*

We are encouraged by the progress made this semester and are enthusiastic about the opportunities that lie ahead. We remain committed to providing high-quality education and contributing to the development of skilled professionals in Integrative Spiritual Counselling. We look forward to welcoming new students and continuing to support the academic journeys of our current cohort.

*By Sr. Sophia Wanyama, LSMIG*

## ST. ANSELM'S SABBATICAL PROGRAM

*Coming down to the well of our life*

### *Sabbatical Program Update - March 2025*

**T**he sabbatical participants have made significant progress in their personal reflection and writing projects, with their books nearing completion. They report a positive and productive experience, expressing contentment and gratitude for the conducive environment.

### *Cultural Immersion*

On March 2nd, 2025, as part of their multicultural experience, the sabbatical group visited Bomas of Kenya. They thoroughly enjoyed the diverse cultural dances, which highlighted the theme of unity in diversity. The participants, an enthusiastic group, found the visit particularly enriching, as many were experiencing such cultural performances for the first time. The outing was a joyful and memorable occasion.



*Participants at Bomas of Kenya*

### *Professional Development*

A three-day Enneagram workshop was held, providing a valuable opportunity for participants to explore their personality types. Many found the experience insightful, whether it was a new discovery or a renewal of previous knowledge from 30 years ago. The workshop fostered a collaborative learning environment.

### *Spiritual Observance*

Ash Wednesday was observed on March 5th, 2025. The participants engaged in a day of preparation marked by silence and deep reflection, embracing the beginning of the Lenten season. The reception of ashes served as a powerful reminder of mortality and a call to renewal. During Lent, individuals are encouraged to embark on an inward journey of fasting, an upward journey of prayer, and an outward journey of charity through almsgiving. This period invites a profound reflection on personal desires and their alignment with spiritual values, representing a journey of conversion back to God

## *Engagement with Technological Advancements*

On March 21st, 2025, the sabbatical group participated in a session on Artificial Intelligence (AI). The participants were actively engaged and expressed enthusiasm about the potential applications of AI in their future studies. The session, particularly the discussion on Chat GPT, was insightful and generated numerous questions for clarification.



*Participants attending a talk on AI*

## *Community and Reflection*

On March 22nd, 2025, the sabbatical participants joined the Chemchemi community for a day of recollection. The environment was conducive to silence and reflection, fostering a sense of inner peace and spiritual connection. This dedicated time allowed for personal contemplation, aligning with the Lenten theme of a 40-day journey of spiritual growth.

*By Sr. Leocardia Kemunto, FSJ*

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



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