

NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya

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The Death of Pope Francis.

On 21st April 2025 (Easter Monday), Pope Francis died at the age of 88 at Domus Sanctae Marthae in Vatican City. His death was announced by Cardinal Kevin Farrell. Pope Francis had served as pope, the head of the Catholic Church, for twelve years since his election on 13 March 2013.

Pope Francis's death followed a five-week stay in hospital a month earlier, where he suffered from a respiratory tract infection and double pneumonia. The cause of his death was officially registered as a stroke followed by irreversible cardiac arrest.

Pope Francis's Requiem Mass was celebrated on 26 April, five days after his death, and he was buried at Santa Maria Maggiore. May he rest in eternal peace.



Celebration of Pope Francis requiem mass on 26th April 2025.

Honoring Mary and Celebrating Christ's Ascension in May

Traditionally dedicated to Mary, May is a time when Christians often pray the Rosary daily, participate in Mass or prayer, and express devotions in various ways. The Rosary is especially emphasized this month. The Catholic Church also celebrates the Solemnity of the Ascension on May 29th, a Holy Day of Obligation. While distinct, the Ascension precedes Pentecost, when the Holy Spirit descended, marking the Church's birth and the end of Easter. Reflecting on the Ascension calls us to focus on heavenly matters and our mission to evangelize, for which we pray in the days leading to Pentecost.

AOSK CATHOLIC CARE FOR CHILDREN IN KENYA

AOSK-CCCK Empowers Communities Through Positive Parenting Sensitization in Homabay and Kisumu

In a transformative initiative aimed at strengthening families and safeguarding vulnerable children, the Association of Sisterhoods of Kenya - Catholic Care for Children in Kenya (AOSK-CCCK) recently conducted an impactful sensitization campaign on Positive Parenting and Child Care in Homabay and Kisumu AUs. The two-day event, held at Nyabondo Centre for the Disabled and Oriang Cheshire Home, drew over 500 parents, caregivers, and community members, fostering a collective commitment to nurturing children with love, dignity, and protection.

The sensitization emphasized effective parenting strategies while integrating Kenya's Children Act 2022, which mandates the protection of children from abuse, neglect, and harmful cultural practices. Facilitators highlighted key legal provisions, such as the prohibition of corporal punishment and the importance of reporting child rights violations, ensuring that caregivers understood their role in upholding the law. By linking positive parenting to legal frameworks, the sessions reinforced the message that discipline should be corrective, not punitive, and that every child deserves a safe and supportive environment.

Rooted in Catholic Social Teaching, the program underscored the Church's emphasis on the sacredness of the family and the dignity of every child. Drawing from principles such as subsidiarity, solidarity, and the common good, the discussions encouraged parents to see their role as a God-given vocation,

one that requires patience, compassion, and moral guidance. The AOSK-CCCK team also emphasized the Church's preferential option for the vulnerable, reminding participants that children with disabilities, orphans, and those at risk of abandonment deserve extra care and inclusion.

The event also celebrated positive traditional African values that promote child welfare, such as communal upbringing, respect for elders, and the extended family's role in caregiving. While addressing harmful practices, facilitators encouraged communities to preserve cultural strengths that foster belonging, identity, and emotional security for children. Stories were shared of how kinship support systems once ensured no child was left uncared for; a value that, if revived, could reduce cases of neglect and institutionalization.

Interactive sessions allowed parents to reflect on their own upbringing and explore alternative approaches to discipline, communication, and emotional support. The overwhelming response from participants revealed a deep hunger for change, with many admitting that they had previously relied on harsh discipline but were now committed to breaking the cycle.

This initiative not only equipped caregivers with practical tools but also reignited a shared moral responsibility grounded in faith, law, and culture to raise children in love and safety. By merging modern child protection laws, Catholic teachings, and time-tested traditions, the AOSK-CCCK is paving the way

for a future where every child can thrive in a nurturing home.



Sr. Hedwig Muse, LSMIG interacting with participants in Migori during a training on positive parenting

By Mr. Joseph Wichenje

AOSK SCORE ECD IV

Kick-Up Registration Of Project Participants

In April, the SCORE ECD IV program marked a significant milestone by officially initiating the registration of project participants across the counties of Siaya, Kilifi, and Meru. This initiative aims to enhance early childhood development (ECD) in these regions, providing a holistic approach that fosters growth and learning among young children. The registration process is a critical step towards ensuring that the right participants are selected for the program. It involves engaging local communities, parents, and stakeholders to create awareness about the benefits of ECD. By focusing on Siaya, Kilifi, and Meru, SCORE ECD IV aims to address specific challenges faced in these areas, such as parents lacking the right knowledge and information on nurturing care, limited access to quality early education, inadequate health resources, and varying levels of community engagement in children's education. Early childhood development is paramount in laying a strong foundation for children. Research has consistently shown that quality ECD programs significantly enhance cognitive and social development, enabling children to thrive in later educational settings. The SCORE ECD IV program is designed to incorporate best practices and evidence-based strategies to improve learning outcomes. By registering participants, the program can tailor its approach to meet the diverse needs of different communities, ensuring that every child receives the necessary support to succeed.

Moreover, the initiative reinforces collaboration among various stakeholders, including local governments, educational ministries, and non-governmental organizations, which are essential in fostering a holistic approach to early childhood development. This partnership not only helps in mobilizing resources but also strengthens community ownership of ECD initiatives. As the registration progresses, it is anticipated that more families will engage with the program, sparking a greater interest in early childhood development. The ultimate goal of SCORE ECD IV is to create a sustainable model that can be replicated in other Counties and countries, ultimately transforming the landscape of early childhood development across the region. Through collective effort and commitment, the future of ECD in Siaya, Kilifi, and Meru looks promising, paving the way for a brighter future for the children of these communities.



Sr Teresa Yator, ASE SCORE ECD PM supporting registration of project participants in Kilifi

By Sr. Teresa Yator, ASE

AOSK SISTERS LED YOUTH EMPOWERMENT INITIATIVE

During the month of April, the AOSK-SLYI program carried out various Psychosocial support forums in different institutions on addressing the mental, emotional, and social well-being of young people. The forums aimed at addressing social challenges faced by the youth and enhance their overall development and resilience. This support is particularly crucial for youth facing challenges like trauma, violence, drugs and substance abuse which is a global problem and poses a great danger to the lives of individuals and society at large. Substance use among youth is harmful and has been associated with an increased risk of impaired peer relationships, mental illness, high-risk sexual behavior, school drop-out, and early pregnancies among others. Peer education is an effective method for preventing risky behaviors and educating young people about drug and substance abuse. Through the month the AOSK SLYI Youth champions had peer-to-peer learning on drugs and substance abuse, Mental Health in their respective parishes and helped the young people to bring about positive change. Additionally, the AOSK Sister-led Youth Empowerment Initiative created awareness among hundreds of youth in the 45 institutions on various topics including Conflicts between youth and

parents, youth choices, freedom and consequences, sexuality, mental wellness, healthy relationships, human trafficking, etc. Through these forums, the youth receive more information on different issues in contemporary society, and by weighing the cons and pros they are in a better position to make better decisions that will have a positive impact on their lives.



Participants from Teresa Nuzzo Vocational during their Psychosocial support forums on Impact of Social Media

By Mrs. Caroline Wamiti

HEALTH ASSOCIATION OF SISTERHOODS OF KENYA

Understanding High Blood Pressure: A Silent Threat To Your Health

High blood pressure, or hypertension, is a common non-communicable disease (NCD) that affects millions worldwide. It occurs when the force of blood against artery walls is consistently too high, putting extra strain on the heart and blood vessels. Often called the “silent killer,” hypertension may show no symptoms for years but can lead to severe complications if left untreated.

According to the World Health Organization (WHO), about 1.28 billion adults globally have hypertension, with many unaware of their condition. Managing blood pressure is crucial in preventing heart disease, stroke, and other life-threatening conditions.

Causes Of High Blood Pressure

Hypertension can be classified into two types:

- 1. Primary (Essential) Hypertension** – No identifiable cause, develops gradually over years due to lifestyle and genetic factors.
- 2. Secondary Hypertension** – Caused by underlying conditions such as kidney disease, hormonal disorders, or medication side effects.

Risk factors

Several factors increase the risk of developing high blood pressure, including:

- Unhealthy diet (high salt, fat, and processed foods)
- Physical inactivity
- Obesity
- Excessive alcohol consumption
- Smoking
- Chronic stress and Age
- Family history of hypertension

Risk factors

Most people with high blood pressure experience no symptoms, which is why regular check-ups are essential. However, in severe cases, symptoms may include:

- Severe headaches
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat

Complications Of Uncontrolled Hypertension

If left untreated, high blood pressure can lead to:

- Heart attack or stroke
- Heart failure
- Kidney damage
- Vision loss
- Aneurysm (weakened blood vessels)
- Cognitive decline (dementia)

Complications Of Uncontrolled Hypertension

1. Medical Treatment

- Regular blood pressure monitoring.
- Medications (as prescribed by a doctor).
- Routine check-ups to prevent complications

Lifestyle Modifications.

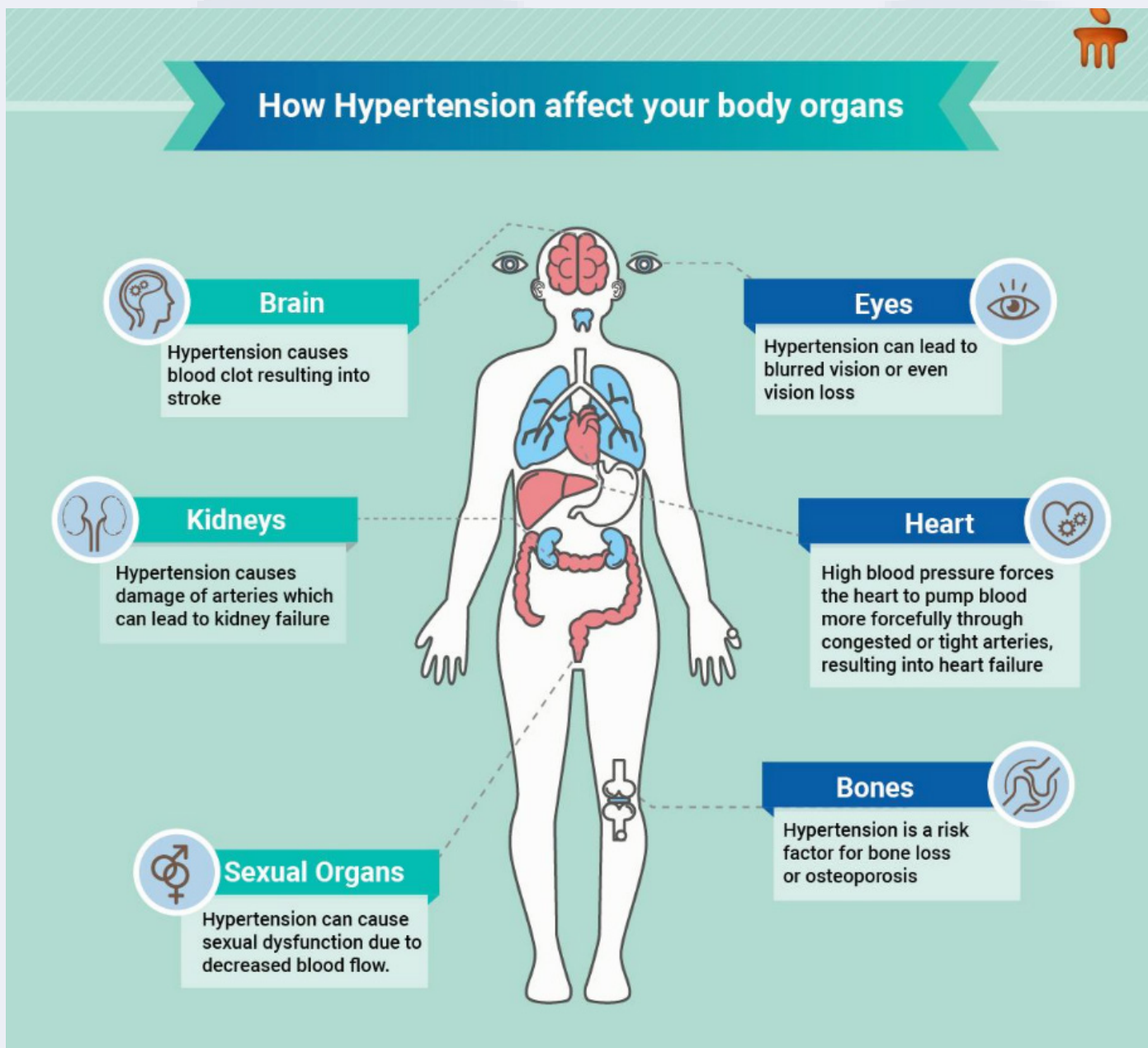
- Eat a balanced diet
- Exercise regularly
- Maintain a healthy weight.
- Limit alcohol and quit smoking.
- Manage stress through relaxation techniques

Blood Pressure Categories

Blood pressure category	Systolic mm Hg (Upper number)		Diastolic mm Hg (Lower number)
Normal	Less than 120	and	Less than 80
Elavated	120-129	and	Less than 80

High blood pressure (Hypertension) Stage 1	130-139	Or	80-89
High blood pressure (Hypertension) Stage 1	140 or higher	or	90 or higher
High blood pressure (Hypertension) Stage 1	Higher than 180	and/or	higher than 120

Effects Of Hypertension On Other Organs



Take Action Today!

High blood pressure is a serious but manageable condition. By adopting a heart-healthy lifestyle and seeking medical advice, you can reduce your risk and live a longer, healthier life.

By Sr. Jerusa Ncabani, CLFS

JUSTICE, PEACE AND INTEGRITY OF CREATION

A call to action on human rights violations in kenya

As the Association of Sisterhoods of Kenya (AOSK), we stand at the intersection of faith, justice, and service to humanity. Guided by Catholic Social Teachings and a deep commitment to safeguarding the dignity of every person, we are compelled to speak out against the persistent human rights violations that continue to plague our communities. Recent events have once again reminded us of the urgent need to strengthen our national conscience and collective action toward the protection of human dignity especially for women and children.

When Culture Undermines Human Rights

In Kisii County, a widow was subjected to harassment and public shaming simply because she refused to pour soil on her late husband's grave, an act she believed did not reflect her truth or convictions. This incident was more than a cultural disagreement; it was a violation of personal freedom and dignity. It exposed a darker truth about how cultural practices, when left unchecked, can be weaponized against women.



AOSK Kisii AU, led by Sr. Georgina Shitambasi condemning a harmful cultural practice on GTN TV

AOSK acknowledges the importance of cultural identity and practices in Kenyan society. However, we equally emphasize that no culture should override the inalienable rights of the individual. A woman's dignity, conscience, and emotional safety must never be subordinated to performative rituals or social expectations. We must ask: When will we begin to honour the voices of women as autonomous beings created in the image of God?

A Child's Life Silenced by Harmful Traditions

Even more devastating is the horrific case of a young girl in Garissa who was burned alive for refusing to marry a 55-year-old man. This chilling act of violence against a child is a gross abuse of power, an assault on innocence, and a tragic reflection of systemic failure to protect the most vulnerable among us. Child marriage, forced unions, and gender-based violence are not only cultural issues but also crimes. They are violations of both national laws and international human rights conventions to which Kenya is a signatory, including the Convention on the Rights of the Child and the African Charter on the Rights and Welfare of the Child.

AOSK urges the government to act decisively and consistently in protecting women and children. This includes enforcing existing laws on gender-based violence and child protection, prosecuting offenders without delay, and actively engaging communities in conversations that challenge harmful traditions. Faith-based institutions, civil society organizations, and cultural leaders must be brought into this effort, not only as watchdogs but as educators and reformers. As an association, we reaffirm our commitment to safeguarding and advocacy. Our institutions,

programs, and ministries will continue to serve as safe spaces where dignity, education, and justice prevail. We will continue to educate the public, support survivors, and speak out against injustice wherever it appears. But we cannot do this alone. We need every Kenyan to stand up, not just in outrage, but in action. We commit to continuing our work in safeguarding, education, and advocacy. We call upon our religious institutions, schools, and community programs to be safe spaces where human dignity is affirmed and protected.

But more than that, we call on every Kenyan man or woman, young or old, to stand as a witness for what is right. Let us not normalize cruelty disguised as culture. Let us remember that every person, regardless of gender or age, bears the divine imprint of worth and deserves to be treated as such. "The dignity of the human person is the foundation of a moral vision for society."

Let this moral vision guide us beyond traditions, beyond politics, into a future where justice flows like a river, and every Kenyan can live with dignity, peace, and freedom.

By Sr. Malala Lydia, SMK

SAFEGUARDING OFFICE

Safeguarding: a shared moral, legal, and spiritual duty

Safeguarding is a fundamental responsibility that involves creating safe and nurturing environments for minors and vulnerable adults. Safeguarding is like a shield that represents the layers of protection placed around individuals especially minors and vulnerable adults, to keep them safe from harm. Just as a shield deflects incoming threats, safeguarding measures like education, policies, and training, work to prevent harm before it happens. When threats or risks are identified, the shield acts to protect, allowing individuals to live without fear, harm, or exploitation. This shield also empowers those under its protection, reminding them

that they have the right to speak up, seek help, and be heard. Finally, the shield provides support, ensuring that if harm does occur, there are resources, care, and pathways to recovery.

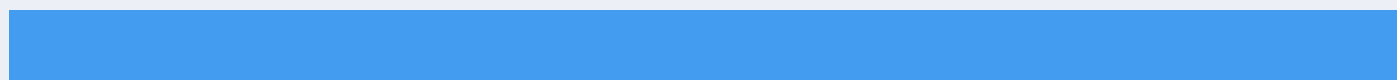
In the context of AOSK, this “Shield of Protection” symbolizes the care and vigilance the organization demonstrates in its commitment to safeguarding every minor and vulnerable adult under its care. It serves as a constant reminder of the active and ongoing responsibility to prevent harm, to protect when necessary, and to offer support throughout the healing process. The shield’s strength lies not only in its capacity to defend but also in its ability to empower those it protects to stand tall, confident, and secure.

Within AOSK, Safeguarding is not merely a policy requirement, but a reflection of our moral, legal, and spiritual obligations. It emphasizes prevention by identifying risks, educating staff, and fostering a culture where abuse and harm are less likely to occur. Protection, by contrast, refers to the actions taken after harm has happened. Both must operate together to ensure dignity and justice for all.



Kenya’s legal framework provides strong support for safeguarding. The Constitution (2010) guarantees every child the right to protection from abuse, neglect, and violence. The Children Act (2022) aligns national law with international standards, requiring institutions to create protective environments. The Sexual Offences Act (2006) and the Persons with Disabilities Act (2003) further outline the duty to protect those most at risk. Institutions are legally obligated to report abuse and take action to prevent it.

Internationally, Kenya upholds treaties like the UN Convention on the Rights of the Child and the African Charter on the Rights and Welfare of the Child, which reinforce the responsibility to safeguard. These instruments emphasize children’s rights to safety, participation, and redress. Regionally, the AU Agenda 2040 envisions a continent where every child is protected, empowered, and safe.



The Catholic Church's teachings deeply support safeguarding. Canon Law, particularly through recent documents like *Vos Estis Lux Mundi*, demands accountability for abuse within the Church. Catholic Social Teaching further emphasizes key principles: the dignity of the human person, a preferential option for the vulnerable, the common good, and solidarity. These values call all members of the Church to act with justice, responsibility, and compassion.

Biblically, safeguarding aligns with Scripture. Proverbs 31:8 urges us to 'Speak up for those who cannot speak for themselves,' while Matthew 25:40 reminds us that 'Whatever you did for the least of these... you did for me.' These verses challenge us to actively defend and care for the vulnerable, not only in response to harm, but by preventing it.

Safeguarding is everyone's duty. Whether you are in leadership, caregiving, or support roles, you are part of a shared mission to protect life and dignity. Let us commit to building structures of accountability, promoting awareness, and upholding justice guided by law, inspired by faith, and grounded in love.

By Sr. Malala Lydia, SMK

PAX CHRISTI INTERNATIONAL

PAX Christi International, in collaboration with AOSK, promotes peace

Pax Christi International is grounded in the belief that peace is possible and that vicious cycles of violence and injustice can be broken. Therefore, it calls on the Catholic Church and the entire world to give primacy to, and actively promote, nonviolent approaches to transforming conflict and protecting vulnerable communities.

In April, Religious Sisters Trainers of Trainers (ToTs) achieved significant improvements in training more participants in trauma, peacebuilding, and nonviolent communication in their counties: Nakuru, Kericho, and Kisumu. These ToTs were drawn from congregations as AOSK members who shared the skills acquired.

The participants who eagerly committed to obtaining positive values from the training to become agents of change in their communities and contribute positively included religious individuals, youth, school-aged children, men, and women, who were inspired to become artisans of peace in their support for victims of violence. We now find trauma to be one of the topics that was largely understood in April.

Trauma Healing

Trauma was defined as the pain, injury, or effects that linger in a person after experiencing a negative event in life, which is a common occurrence for every human being. Participants shared their experiences, each recounting trauma related to the death of a loved one, gender-based violence, post-election violence, and some mentioned attending guidance and counselling sessions to cope with their experiences.



Sr Jane trains the Religious on Trauma Healing



Youth following Sr Dorothy's teaching on Trauma

The participants were also provided with examples of calming techniques for trauma, such as sitting quietly and doing breathing exercises to alleviate stress, drawing a river of life, and marking significant events along their life journey.

Further, participants were able to grasp that trauma healing involves various strategies to process and integrate a traumatic experience, including recognizing the impact of the trauma, seeking support, and engaging in self-care practices

It involves a holistic trauma-informed approach that involves four pillars, namely. Psychological (for the mind), Physical (for the body), Social (building a community), and Nutritional (feeding your body with nutrient-dense food). Then it explored the 5Cs: competence, confidence, connection, character, contribution, coping, and control that will equip one to navigate life's challenges with grace, fortitude, and a renewed sense of resilience.

The participants, including religious individuals, youth, school-aged children, men, and women, were inspired to become beneficiaries of training and advocate as artisans of peace to support victims of violence.

By Sr. Celine Makario, SMK

AOSK CHEMCHEMI YA UZIMA COLLEGE

Formation Department

Ending to Begin: A Journey of Faith and Growth, Inflamed by Love to Serve

Life is full of cycles-endings that lead to new beginnings. In August 2024, a group of 36 participants began their journey to be trained as formators. For some, it was a step into the unknown, but with courage and determination, they chose to embrace this new chapter with faith, open hearts, and a desire to grow. The path they have walked has not only transformed them but has also been a blessing to others. The formators have learned to engage in the process of letting go. Endings are often seen as losses, but in the divine rhythm of time, they are much more than that, they are acts of pruning. Just as a gardener trims a vine to make room for new growth, so too did the formators let go of what no longer served them, making space for what was to come. For them, letting go became an act of trust. It was their way of saying, "I believe there is more

ahead,” even when the future remained uncertain.

The formation journey is fueled by the Fire of Faith—active, courageous, and often counterintuitive. It is the decision to take a step forward, even when the road ahead is unclear. When endings leave us feeling raw and uncertain, faith whispers, “This is not the end of your story, only the end of a chapter.” From that whisper grows a holy fire that warms, guides, and refines.

The formators have come to realize that this fire is not theirs alone. It is kindled by divine love, a love that compels them not only to rise but also to serve. This love pushes them beyond their comfort zones, past fear, and into the lives of others, shining light where there was darkness and offering hope where there was despair. This is reflected in their class theme: “Fashion us like Christ that we may form others.” Growth is not for us alone; it equips us to serve. What we learn in

the dark becomes the light we carry for others. The healing we receive becomes the balm we share. The strength we gain becomes the foundation we offer to those we encounter on our life’s journey.

April 2025 has marked the final phase of the formators’ training as they prepare for their graduation and departure from Chemchem ya Uzima College. This has been a journey of growth, and now it is their time to bear the fruit of that journey. Growth is not always visible; it happens in the hidden places: in prayer, in struggle, and in quiet obedience. But, over time, the fruit of this growth begins to emerge. As they leave, it serves as a reminder that they are being invited to a new beginning, not just any beginning, but a life inflamed by love, guided by faith, and poured out in service. The journey, in truth, is only just beginning.



Formators: August 2024 and January 2025 intakes

By Sr. Florence Nyamai, OSU

Integrative Spiritual Counselling (IsC)

With God, everything is possible and at his appointed time. We thank Him for all the Graces He has bestowed upon our students and all the lecturers who have taken them through the two years of study. Each of them contributed greatly as God had planned. Glory to God.

We thank the lord for our students who have beaten all the odds and burdens of study and come to the finish. It is never easy to go through the cycles of study, but they made it. Their perseverance has brought the five Sisters to the end of their class work. They put the final nail to their Diploma class work and are now left with the practicum report, which is due the first week of June. They are now ready to go out and serve as they also prepare to start their Bachelor's degree if opportunity will be given.

We are delighted to report that our year two ISC students were officially commissioned on the Eleventh of April and given the tools that will help them in their work. They were given an ignited candle to go and light the World and a DSM-5 book for counsellors' reference when carrying out their duties. It was a colorful moment to see the Sisters ready to serve.

We are also announcing that plans to start the Bachelor's in Integrative Spiritual Counseling are underway. We are hoping to start off by August if all conditions in the planning are going to remain constant. It is a noble plan that will give a chance to our sisters to pursue higher education and become not only seasoned counselors with a special taste, but also lecturers for our own college. We are battling every semester to get lectures. If we get our sisters to render that service, it will ease our work.

The semester has been hectic with many activities, but the dust is now settling as the examinations are concluding, and the graduation for finalists is drawing nearer.

As the new academic year draws nearer, thus mid-August 2025, we are sending out information for enrolment. We appealing to our Congregational Leaders to consider giving chance to the sisters to take up the study in Integrative Spiritual Counseling and acquire the skills necessary for service. The need for Spiritual Counselling services is still high, yet the counsellors are still few.



ISC finalists Commissioned with their Tools for Work,



ISC Finalists for a Class Party After Their Last Examination Paper

By Sr. Sophia Wanyama, LSMIG

St. Anselm's sabbatical program

“Pilgrims Of Prayer”

The sabbatical participants had an opportunity to visit Subukia shrine, since they were coming to the end of their sabbatical program. The Shrine is a place all people of the world, all walks of life and denominations are welcome to worship God. One feels closer and more connected to God than anywhere else. It is a sacred place where individual groups, churches or even families can retreat and have a quiet meditation with one's creator.



Participants reciting the Holy Rosary



Participants praying the stations of the Cross

They wished to thank God for all that they have received for the four months in the sabbatical program. They are happy with their process. It was a good experience for the participants and they were so touched with the way the shrine is built. The shrine has a prayerful environment and a serene nature that helps people meditate. They were able to pray the stations of the cross and it was a good experience climbing up the hill. Some had earlier said that they will not go for the stations of the cross, but upon arrival at Subukia shrine, they were motivated and climbed up. The way of the cross at Subukia shrine allowed the participants to reflect on their own crosses and the passion of Christ as they climbed towards the spring.

This is a place of tranquility, a holy ground that reminds us that God isn't far from humankind, but right here with us, walking with us. Helping us make the longest journey that we can never make, the journey into ourselves with such serenity that can only be inspired by motherly love of Mary, patron saint of this shrine. It's a safe haven with a miraculous spring of water, many participants drunk the water and carried it home.

On 5th. April.25, the sabbatical participants joined Chemchemi fraternity on the cultural day celebration. The day begun with Holy mass. Thereafter there was explanation of the food cooked from various cultures, and then the food was shared as a community, and the participants enjoyed.

The participants were thrilled and extremely happy. It was enjoyment in its purest form very positive of the cultural day. There was a sign of unity in diversity. Sabbatical participants really enjoyed the food from different cultures. Different individuals valuing each other regardless of skin, intellect, talents or years.



Participants posing for a photo after cultural day

On 16th. April the participants terminated as a group, ending all activities of sabbatical program. As the motto says, "Come as you". The participants acknowledged that they are going back to their communities changed, their feet are moving towards one direction. They expressed their joy of getting a privilege to join the sabbatical program. The environment is very conducive that has contributed to their growth, rest and relaxation. The said "Long live Chemchemi".

By Sr. Leocadia Kemunto, FSJ

Institute of catechetics and pastoral ministry (ICAPAMI) *Commissioning Of Catechists*

On 1th April 2025, AOSK Chemchemi ya Uzima College held a special ceremony for the Commissioning of Catechists, marking a significant moment in the life of the college. The whole community assembled in the main hall to witness and support the catechists. The commissioning took place during the Liturgy of the Word. After the homily, the catechists were called forward. Standing before the congregation, they publicly affirmed their commitment to faithfully and lovingly teach the Catholic faith. The Commissioning of Catechists is a formal ecclesial act that recognizes and affirms individuals called to serve as teachers of the faith. This tradition is deeply rooted in the life of the Catholic Church.

Tools for the Ministry

The Bible and the Catechism of the Catholic Church: The Word of God is a lamp for their feet and a light on

their path (Ps 119:105). So that they may teach it diligently to their brothers and sisters in order to keep the way of the Lord.

Cross: to be the source of their strength as they face trials and temptations in their mission.

Candles: To give light to all, everywhere and at all times, by their words and actions and to be the light of the world wherever they go and to proclaim Christ always.

The Role and Responsibilities of a Catechist include:

- Fostering the faith formation of the faithful,
- Deepening the understanding of the faith among the community,
- Witnessing to the Gospel through both words and actions,
- Collaborating with the clergy to support the broader mission of the Church.

The Importance of Forming Catechists

Catechists must undergo both spiritual and theological formation to effectively communicate the truths of the faith. This preparation includes biblical, theological, liturgical, pastoral, and pedagogical training, equipping them to guide others with competence and conviction.

Catechists play a central role in handing the faith to both children and adults. Proper formation ensures that they accurately and clearly present the teachings of the Church. Catechists must not only teach the content of the faith but also live it out. Formation fosters deep spiritual life, personal prayer, and understanding of Church doctrine. Well-formed catechists are essential instruments in fulfilling the mission of the church. Formation equips catechists with theological knowledge, pastoral skills, and teaching methods. It builds their confidence to answer questions, guide discussions, and address challenges. Catechists are not only teachers but also witnesses of the faith. A formed catechist becomes a model of Christian living for their community. Formation empowers the laity to take an active role in the life and mission of the Church. A well-formed catechist inspires others to continue growing in their faith beyond initial sacraments.

Conclusion

The commissioning ceremony was a beautiful and inspiring event that highlighted the essential role of catechesis in the life of the Church. It served as a powerful reminder of the Church's ongoing mission to evangelize and form disciples in every generation. All the speakers encouraged them to play their role faithfully as teachers of faith. Catechists expressed their joy and gratitude to God who called them to his vineyard, their lecturers for guiding and sharing their knowledge with them, their sponsors especially ASEC for their financial support and the entire AOSK Chemchemi ya Uzima community for their moral support and encouragement.



The Commissioning Ceremony

By Sr. Francisca Musau, ASN

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



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