

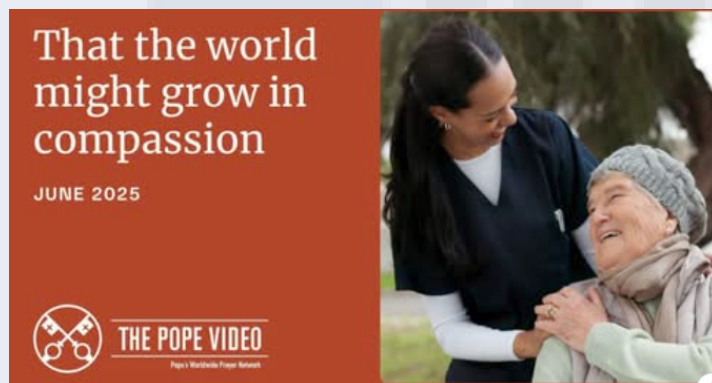
NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya

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Pope Leo XIV June Prayer Intention



Pope Leo XIV released his first monthly prayer intention for the month of June, inviting the faithful to pray *“that each one of us might find consolation in a personal relationship with Jesus, and from His Heart, learn to have compassion on the world.”*

Pope Leo XIV’s monthly prayer intention for June, the month traditionally dedicated to devotion to the Heart of

Jesus, is *“that the world might grow in compassion.”*

The Pope invited the Church to pray for this intention in this month’s Pope Video, which is entrusted to the entire Catholic Church through the Pope’s Worldwide Prayer Network.

The Pope Video for June began with hearing Pope Leo pray *“that each one of us might find consolation in a personal relationship with Jesus, and from His Heart, learn to have compassion on the world.”*

June: A Month of Solemnities

June is rich with solemnities and celebrations, including Pentecost, the Most Holy Trinity, Corpus Christi, the Most Sacred Heart of Jesus, the Nativity of St. John the Baptist, and Saints Peter and Paul, and other memorials.

This month is especially dedicated to the Sacred Heart of Jesus, a devotion honoring Jesus Christ’s immense and unwavering love for humanity, a love that transcends suffering and sacrifice. This solemnity holds a place of honor in the Liturgical Calendar, observed on the Friday after Corpus Christi. The Church offers the highest form of worship to the Heart of Jesus, recognizing its union with the “Person of the Incarnate Son of God Himself” and its symbolism of Jesus’ boundless love. This year, the solemnity falls on Friday, June 27, 2025, marking it as one of the Church’s highest feast days.

African Union Conference to honor and promote Interfaith collective action in Africa: to foster peace, human dignity, development, and preservation of the environment

A two-days Conference on Africa's Faith Communities in Advancing the Sustainable Development Goals, the AU Agenda 2063 and G20 South Africa's 2025 Process was held in Addis Ababa. The conference also discussed human rights protection, natural resource protection, and education. The convening brought together religious men and women from various denomination including the Catholic Sisters who made key input on education, sustainable peace, Human rights, women empowerment and forced migration.

The Sisters highlighted that Education is paramount in unlocking Africa's potential and its dynamic youth and women's population. Hence there is an urgent need to address quality of education and inequalities and disparities, including enrollments of boys and girls. Africa's "Youthquake" the creative and disruptive potential of large and growing child and youth populations demands global attention. Practical implications include growing demands on education and health systems and active job markets. Religious communities carry special responsibilities for child protection and development. Engaging and listening to children and youth is a priority that must cut across.

Further, common challenges facing African communities include large movements of people, with urgent needs to respond especially to the urgent needs of refugees, internally displaced people, and vulnerable groups (children and women most urgently). Coordination of humanitarian action and

finance present critical issues. Survey after survey and lived experience highlight the brutality and persistence of violence and impunity, especially involving women and children. Rule of law and social action can be mobilized, with effective support from religious actors, men and women. The need to interrupt dangerous trends and implement bold programs to rebuild trust and social harmony presents urgent priorities to both the G20 and the AU, and interreligious approaches offer a rich potential that both the AU and G20 nations can build upon.

The African Union, interfaith alliances and networks, and G20 actors share a deep common commitment to action on women's empowerment. This demands consistent focus on women's voices and priorities. It is linked to action to assure the welfare and development of children and youth. Protection from harm demands attention to the stubborn issues of violence against women, in times of war and conflict and peace. Women's roles in peacebuilding calls also for active engagement with women from religious communities. The incessant demands that Africa faces in 2025 must be addressed in tandem with the urgent calls of hunger, climate shocks, violence, displacement, and xenophobia, and in every case engaging women can enrich understanding and point to creative and effective action.

No challenge is as sacred and as demanding as peace: peace with justice, equity, and opportunity, peace that honors elders, women, and youth, peace that builds on Africa's rich diversity, and peace that is in harmony

with our planet's gifts. Peace is Africa's central challenge as it is for the African Union, as conflict and tension obstruct development and social harmony. The scriptural teachings call us to bless the peacemakers and those who welcome strangers. Therefore, an interreligious approach is key to the resolution of Africa's pressing and emerging needs.



Sr. Hedwig making her presentation on Human rights and the role of Faith actors in enhancing human dignity, protection of children and Vulnerable persons.

By Sr. Hedwig Muse, Esq, LSMIG

AOSK SCORE ECD

Promoting Early Childhood Development Across Siaya, Meru, and Mombasa

The Catholic Relief Services (CRS) in collaboration with partners in Ghana, Zambia, Kenya, Malawi and Tanzania is implementing SCORE ECD project with support from Conrad N Hilton Foundation, For the past seven years CRS has partnered with NACCS in Kenya, to implement SCORE ECD Projects I, II, III and IV.

In a vibrant display of partnership and commitment to child well-being, Catholic Relief Services (CRS), in collaboration with the Association of Sisterhoods of Kenya (AOSK), in the month of May successfully conducted an Early Childhood Development (ECD) training program aimed at equipping Catholic sisters to serve as Trainers of Trainers (TOTs). This initiative focused on disseminating knowledge and skills related to the five key components of the Nurturing Care Framework.

The training sessions took place in Siaya, Meru, and Mombasa counties, bringing together religious sisters from various congregations who work closely with communities, particularly in underserved areas. The program was designed to enhance the sisters' ability to support the holistic development of young children through integrated caregiving practices, which is geared towards the Five Components of Nurturing Care:

The training covered the core pillars of the Nurturing Care Framework, which include:

Good Health, Adequate Nutrition, Responsive Caregiving, Security and Safety and Opportunities for Early Learning.

Each session blended theoretical knowledge with practical, community-driven strategies. The sisters participated in role-playing, group discussions, and localized planning to ensure the framework could be effectively implemented in their contexts.



ECD training in Mombasa

Voices from the Field:

“This training is a blessing. It deepens our ministry by enabling us to care for children in ways that align with both science and spirituality,” said Sister Esther from Meru.

“We now feel empowered to return to our communities and train caregivers and parents with confidence,” shared Sister Faith from Mombasa

A Ripple Effect in the Making

The trained sisters will serve as TOTs, responsible for passing on their knowledge to fellow sisters, caregivers, and ECD stakeholders at the grassroots level. This approach ensures that the message of nurturing care reaches even the most remote and vulnerable community

CRS and AOSK remain committed to building a strong network of faith-based ECD champions who integrate spiritual, emotional, and developmental care for children. By investing in sisters as change agents, this initiative envisions a future where every child receives the nurturing care they need to thrive.



ECD training in Siaya

By Sr. Teresa Yator, ASE

AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

Human Rights Department

“Upholding Dignity Amid Crisis: Kenya’s Human Rights Situation And AOSK’s Response”

As the Association of Sisterhoods of Kenya (AOSK), we are deeply committed to the promotion and protection of human dignity as a sacred, non-negotiable right bestowed by God upon every human being. Guided by our Catholic values and mandate to serve the marginalized, we continue to engage communities across the country in building a just and peaceful society.

The months of April and May 2025 have presented critical human rights challenges in Kenya, ranging from shrinking civic space and digital repression to rising gender-based violence and impunity for state-perpetrated abuses. These developments not only undermine Kenya’s constitutional values and international obligations, but they also directly affect the vulnerable groups we serve daily women, children, youth, and the poor.

As an Association rooted in the mission of Christ and the prophetic call of the Church, AOSK sees it not just as a duty, but as a moral imperative to respond. Through our Justice, Peace and Integrity of Creation (JPIC) Department, Human Rights Program, and ongoing safeguarding efforts, we stand alongside communities to advocate, to educate, and to heal.

The abduction and torture of student Billy Mwangi after posting a satirical image of the President highlight a dangerous trend targeting youth activists and online dissenters. Over 80 similar cases have been reported, many linked to the #RejectFinanceBill

protests. Such acts violate the right to freedom of expression and instill fear among young people.

Kenya is experiencing an alarming surge in femicide. Nearly 100 women were killed in a three-month period last year, and the violence persists into 2025. Despite national protests, survivors and victims’ families still lack adequate protection, justice, and state response.

Between April and May, Kenya’s human rights record underwent review by the UN Human Rights Council. Concerns were raised about civic space, protection of vulnerable populations, and impunity for abuses. Kenya must now act on the UPR recommendations to restore rights-based governance.

The events of April and May 2025 have placed Kenya at a crossroads: between a future where human rights are respected, and a reality where civic freedoms are increasingly under threat. As reports of abductions, gender-based violence, police brutality, and impunity dominate headlines, the moral and legal responsibility to act has never been more urgent.

AOSK, through its holistic approach to justice, peace, and safeguarding, continues to shine a light in the darkest corners, accompanying survivors, educating communities, and advocating for the most vulnerable. However, this mission cannot be carried alone. We call upon state actors to uphold constitutional and international human rights obligations. We urge communities to speak out against oppression. And

we invite all people of goodwill religious and secular, to join hands in defending human dignity.

In the words of Gaudium et Spes, “The joys and the hopes, the griefs and the anxieties of the people of this age, especially those who are poor or in any way afflicted, are the joys and hopes, the griefs and anxieties of the followers of Christ.” May these words inspire us to remain faithful stewards of justice. As AOSK, we remain steadfast in this calling, committed to healing, to hope, and to human rights for all.

By Sr. Malala Lydia, SMK

AOSK's Commitment to Environmental Peacebuilding in the Decade of Laudato Si'

As the encyclical Laudato Si' marks its 10th anniversary, the Association of Sisterhoods of Kenya (AOSK) reaffirms its dedicated efforts within its structures to promote environmental peacebuilding. This critical concept is defined as any activity that addresses environmental violence and injustice while fostering ecological peace.

AOSK's peacemakers, a specialized group trained by the organization, are actively responding to various forms of environmental violence. These include the pollution of water, air, and soil; the detrimental effects of resource extraction and profit-driven agricultural practices that have led to a drastic reduction in biodiversity; and the climate change caused by the burning of fossil fuels.

Environmental violence profoundly impacts human health and well-being, disproportionately affecting marginalized communities while those responsible for the harm often remain insulated. This inherent imbalance highlights environmental violence as a significant form of injustice. Beyond its human impact, mistreatment of the Earth and its inhabitants represents a violation of our relationship with all creation and our duty to protect it for future generations.

In light of escalating environmental violence and

injustice, AOSK advocates for an expanded vision of peace. True peace among individuals, with God, and within ourselves necessitates peace with all living beings and with Earth, our common home. Therefore, AOSK urges all people of goodwill and peace advocates to critically reflect on the environmental harm they, as individuals, contribute to, and commit to transformative change.



AOSK-JPIC Team distributing waste bins to community members in Dagoreti south.



Human rights teachers and peacemakers conducting a clean up exercise at the coastline

By Sr. Bernadetta Nzioka, DSH

PAX CHRISTI INTERNATIONAL

Pax Christi Empowers Communities on Conflict Resolution

In May 2025, Pax Christi International, a Catholic peace movement, deployed Religious Sisters trained in January 2025 as Trainers of Trainers (ToTs) in Nakuru, Kericho, and Kisumu counties. These ToTs conducted fieldwork focused on peacebuilding, conflict, active nonviolence, and trauma healing, empowering diverse participants, including religious individuals, youth, children, men, and women, to become agents of change and promote a culture of peace.

Understanding Conflict

The training highlighted that conflict, while often seen negatively, is a natural, normal, neutral, and normative (3Ns) part of human interaction, emphasizing it as an opportunity for growth. Participants learned that feelings of superiority or inferiority, and the pursuit of excessive wealth or power, can fuel unrest. They were encouraged to embrace self-acceptance and accept others.

The various types of conflict discussed included:

- **Intrapersonal:** within an individual.
- **Intragroup:** between two parties.
- **Interpersonal:** between individuals (e.g., spouses).
- **Intergroup:** between groups (e.g., political parties).
- **Institutional/Global:** driven by ideology or power.

Common issues like bullying, academic rivalry, teacher-student misunderstandings, challenges of communal living, and the impact of group divisions were also addressed.

Key Lessons on Conflict

Participants learned that the outcome of conflict depends on how it's handled. Key takeaways included:

- Conflict offers a chance for dialogue and growth.
- Early intervention and open communication are crucial.
- Conflict is universal and can affect anyone or any society.
- It's vital to acknowledge, live with, and resolve conflict before it escalates to violence.
- Self-acceptance and acceptance of others, along with sharing resources and avoiding excessive accumulation of wealth or power, are important.
- Prejudice, perceptions, and discrimination can lead to violence and should be avoided.
- Well-managed conflicts can lead to peaceful coexistence and improved communication through nonviolent language.

Causes and Categories of Conflict

Conflict is present everywhere, often arising from differing goals, values, beliefs, perceptions, competition for resources, communication breakdowns, cultural differences, and perceived injustice.

Categories of conflict were identified:

- **Non-Conflicts:** Minor issues easily resolved in peaceful communities.
- **Surface Conflicts:** Due to misunderstandings, resolved through communication.
- **Latent Conflicts:** Hidden conflicts that need to be brought to light.
- **Open Conflicts:** Visible and active, potentially destructive if not managed.

Conflict Resolution and Management

Conflict resolution was presented as a vital societal factor that unifies people through amicable approaches. The training emphasized Active Nonviolence, drawing inspiration from figures like Mahatma Gandhi, Nelson Mandela, and Jesus Christ. Principles included respect for human beings, forgiveness, challenging revenge, the power of truth and love, and willingness to pay the price.

Conflict management was taught through dialogue, mediation, and negotiation. Participants gained a positive understanding of conflict, recognizing it can build new relationships, provide opportunities for communication, bring about change, and increase trust and transparency. They acknowledged the importance of patience, humility, and spiritual grounding in resolving conflicts.



Sisters following up a presentation on conflict



Sr Ann Veronica and pupils echo conflict management

By Sr. Seline Makario, SMK

AOSK CHEMCHEMI YA UZIMA COLLEGE

Formation Department

Preparation for the final vows at Chemichemi ya Uzima College began on May 12th with the arrival of onsite participants (boarders).

This marked the beginning of a profound and transformative journey for candidates preparing to make their final religious commitment.

The following day, May 13th, all participants, both onsite and online, gathered for the official orientation session. During this session, the Director, Sr. Luciana Wanyahoro, VDM delivered a compelling presentation about the mission, vision, and spiritual foundation of Chemichemi ya Uzima. She also introduced the dedicated staff and support staff, who will accompany the candidates throughout this

significant phase of their vocational journey.

In total, 84 participants are taking part in the program: 34 onsite and 50 online, reflecting the wide reach and inclusive spirit of the formation process.



Orientation going on for both onsite and online Participants

For the onsite group, a special orientation was conducted to help them familiarize themselves with the Chemichemi environment, including the facilities, routines, and expectations, ensuring they feel welcomed and well-integrated into the community.

The final vows preparation program spans six weeks (one and a half months) and is designed to foster deep reflection, spiritual growth, and communal discernment. Guided by experienced formators and spiritual mentors, the program encourages each candidate to journey inwardly and draw closer to their vocational calling.

Now well underway, the atmosphere at Chemichemi ya Uzima is one of peaceful purpose, spiritual attentiveness, and genuine community. The participants are fully engaged, and so far, so good, the journey continues with grace, unity, and commitment.

By Sr. Catherine Mutuku OSB

Integrative Spiritual Counselling (Isc)

Chemchemi Ya Uzima College Launches New School-Based Program

Chemchemi Ya Uzima College successfully launched a new school-based program from January to May, designed to cater to individuals unable to attend full-time studies due to work commitments. This flexible program, supported by CCKK, enrolled twelve Sisters and one Brother from various congregations.

Impact and Curriculum Focus

The thirteen participants are deeply involved in community care, focusing on issues like child neglect and abuse (especially for children with disabilities), and sensitizing communities on how to care for vulnerable adults, the sick, and the elderly. They also engage in youth sensitization against alcohol and drug addiction, aiming to equip young people with positive life and faith practices.

These participants are acquiring crucial skills through the integrative Spiritual Counselling department at Chemchemi Ya Uzima College. This specialized department offers carefully selected courses designed to foster holistic self-awareness and practical skills for serving in today's dynamic world.

Participant Feedback and Future Aspirations

After two weeks of intensive learning from May 5th to 17th, the Sisters and Brother affirmed the relevance of the course to their apostolate. They praised the lecturers for their enlightening, practical, and engaging teaching methods, which included role-playing.

During a meeting with program coordinators, participants suggested extending the teaching period to three weeks or even a month. This request stemmed from the vastness of the course material and the limited time available for each unit, citing the Blessed Trinity Model of Relationship as an example requiring more in-depth exploration. Furthermore, the participants expressed a strong desire to continue their studies beyond the certificate level, aspiring to pursue Diplomas or even Degrees.



The CCKK Staff addressing the students before they officially departed from Chemchemi after two weeks.

By Sr. Sophia Wanyama, LSMIG

Sabbatical Department

“We Came As We Were, We Have Been Fashioned And Rooted In Christ Ready For The Mission”.

After years of dedicated work and deep engagement with those they served, many individuals find themselves needing a period of sabbatical – a dedicated time for personal and spiritual renewal. This time allows for profound self-reflection and a deeper understanding of one’s inherent gifts, ultimately fostering new ways of living a fuller life and being more effectively “for others in Christ.”



The Sabbatical Journey: From Within and Without

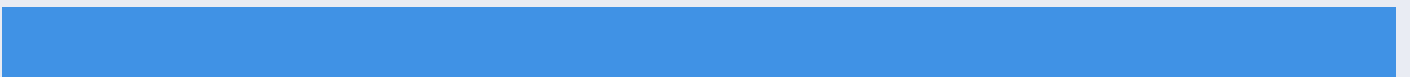
Participants arrived on the sabbatical program as they were, and left truly renewed. They quickly discovered that the journey within proved more challenging than any physical journey they undertake daily. This inner work involved navigating “speed bumps” in the form of one-on-one sessions and growth groups. The program’s facilitators served as “signposts,” guiding participants along their individual paths forward. The experience underscored a crucial truth: there are no shortcuts in the spiritual and inner journey; a direct path, though demanding, is essential for true healing and transformation.

Deepening Connections and Discovering Purpose

The sabbatical provided a unique opportunity for participants to engage in deep personal reflection, identifying the divine within themselves, in others, and in their environment. This process deepened their relationships across four key domains: God, self, others, and the environment. Participants journeyed to the core of their being, seeking to understand their true selves and God’s original purpose for them.

Rest, Reflection, and Re-energization

The four months of rest and self-discovery were instrumental in helping participants explore their innermost selves and their emotional worlds. Many expressed a deep need for this time, with common sentiments including: “I am tired, I came to rest,” “I want to renew my relationship with God,” and “I am exhausted, I need to be re-energized.” This period offered ample time for both physical rest and profound reflection.



Outcomes and Transformations

By the end of the four months, participants shared overwhelmingly positive feedback. They felt well-rested, refreshed, and both psychologically and physically renewed. Their relationships with God had deepened unconditionally. The element of multicultural living was particularly impactful; residing in different small communities allowed them to appreciate the beauty of one another's cultures, potentials, and unique gifts. The environment itself was described as highly conducive to prayer and reflection, facilitating healing in their relationships with God, others, and nature. The one-on-one sessions and growth groups were consistently highlighted as beneficial for their personal development.

Graduation and a New Beginning

On May 2nd, 2025, the program culminated in a joyous graduation ceremony. The sabbatical participants were visibly excited and relaxed, expressing their profound transformation with humor and gratitude: "We are now more beautiful and handsome, better than we came." This sentiment powerfully confirmed that their expectations had been met, and even exceeded. They enthusiastically articulated their readiness for their next missions with the mantra: "Reboot, Recollect, and Rejuvenate."



Sabbatical participant's graduation on 2nd May 2025

By Sr. Leocadia Kemunto, FSJ

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



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