

NEWSLETTER

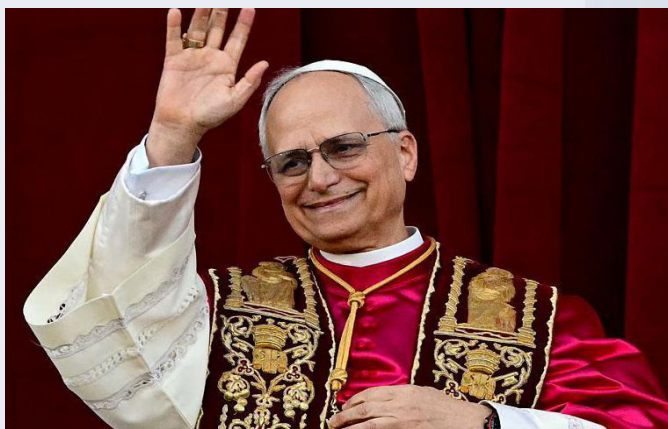
The Monthly Newsletter for the Association of Sisterhoods of Kenya

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July Prayer Intention

For July 2025, Pope Leo XIV intention, as promoted by the Pope's Worldwide Prayer Network, focuses on discernment: choosing paths of life that align with Christ and the Gospel, rejecting those that lead away. This intention encourages believers to develop the ability to discern, make wise choices, and stay true to the teachings of the Church.

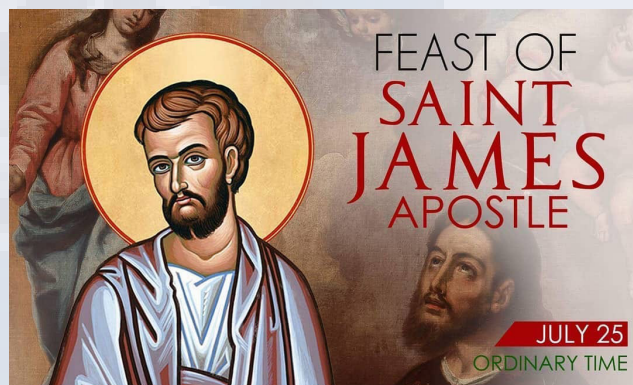


"Let us pray that we might again learn how to discern, to know how to choose paths of life and reject everything that leads us away from Christ and the Gospel."

Feasts in July

July is dedicated to the Precious Blood shed for our salvation. The Feast of the Precious Blood of Our Lord was established in 1849 by Pope Pius IX. It is celebrated by parishes and communities that observe the 1962 Calendar.

- July 3rd: Feast of St. Thomas, Apostle.
- July 22nd: Feast of St. Mary Magdalene.
- July 25th: Feast of St. James, Apostle.



Memorials in July 2025

- July 16th is the optional memorial of Our Lady of Mount Carmel.
- July 26th is the Memorial of Joachim and Anne.
- July 29th is the Memorial of Martha, Mary, and Lazarus.
- July 31st is the Memorial of Ignatius of Loyola

2025 CERRA AFRICA SYMPOSIUM

The CERRA-Africa Symposium, held from June 10th to 12th, 2025, at the Catholic University of Eastern Africa in Nairobi, focused on the global impact of Consecrated Women Religious in Africa on sustainable development. The symposium aimed to document and disseminate the extensive, yet often undocumented, contributions of sisters to the Church and society across various ministries, including education, healthcare, and social work. A key rationale was to provide a platform for reflection on the religious nuns, recognizing their vital role in evangelization, restoring hope, imparting practical knowledge, and addressing societal issues. The event highlighted four thematic areas: education, formation, care for the elderly, and the diverse ministries of consecrated women.

Throughout the symposium, discussions emphasized the transformative power of education, particularly how it empowers over 6,000 Sisters through programs like the African Sisters Education Collaboration (ASEC), contributing to poverty alleviation and gender equality. The critical importance of ongoing formation, spiritual, intellectual, and human, was also a central theme, preparing Sisters for lifelong commitment and service. Challenges related to the care of elderly Sisters were addressed, with studies revealing an imbalance in age distribution and financial constraints. Finally, the symposium explored the wide array of ministries undertaken by Sisters, from healthcare and education to combating human trafficking and advocating for justice, underscoring their pivotal role in advancing society and aligning their work with the Sustainable Development Goals.



Participants keenly following up presentations during the 2025 CERRA Africa symposium that was held at the Catholic University of Eastern Africa.

By Victor Emoja

AOSK CATHOLIC CARE FOR CHILDREN IN KENYA

Training on Resource mobilization for Catholic Care for Children in Sri Lanka

Through the Catholic Care for Children International in Rome, a one-week training was organized for all countries carrying out the project on Catholic care for children. Members from six Countries including the newest member Philippine gathered in Sri Lanka for the training on Resource Mobilization. The objective of the training was to support participants diversify resources and efficiently write proposals to lobby for funds and avoid overreliance on a single donor. The training was basically centered on project management focusing on the nature of organization, thematic area, geographical scope and governance. Fr. Lord Winner, the trainer clearly defined a project as a series of structured tasks, activities, and deliverables that are carefully executed to achieve a desired outcome. Therefore, projects are temporary efforts to create value through unique products, services and processes. The training was very key in learning how to develop proposals that are credible and attractive to donor funding. The team was taken thorough problem analysis that brings out the problem and later on turning a problem into a positive statement that gives the purpose for intervention. It emerged clearly that causes of a problem identifies activities outputs and objectives. Finally addressing effect of a problem identifies indicators of a project that then helps to track the progress of a given project. To understand the project proposal development, participants were practically taken through the object analysis, alternative analysis and log frame. The trainer

explained that objectives are derived by changing the problem causes into positive statements. The Change therefore, affects the entire problem tree as the causes becomes objectives and the main problem becomes the goal of the project. It was interesting for the participants to get clear insights about alternative analysis where they can reach the same outcome through different means. The reason being project managers have options. The organization through the project office is capable of doing the alternative analysis basing on their strength, scope, resources and targets. Alternative analysis helps the project team to focus on a specific problem in the causal group.

The participants understood that Primary Causes are converted positively into Objectives, while the Secondary Causes are changed positively into Outputs. However, in order to achieve the outputs, activities are proposed. When activities are carried out, the Outputs are the immediate results. Every project aims at fulfilling the proposed activities, which will have the output achieved. In turn, activities contribute to achieving of the objectives and that will gradually reduce the intensity of the focal problem and achieve the fulfilled goal of the project. In addition, the trainer emphasized on sequencing activities which is important to determine priorities and chronological relationships between activities.

Fr. Lord Winner the facilitator, took the participants through the process of designing activities in the Logical Framework Approach matrix. The process involves breaking down outputs into specific,

actionable steps that will lead to the achievement of the project's objectives. Activities are organized in a logical order starting with preparatory activities, implementation activities, monitoring and evaluation activities. For each activity, the project team should identify the responsible persons, required resources and timelines for implementation. The participants appreciated the fact that each activity should have indicators to show how progress will be measured and assumptions which are external conditions needed for success.

The training highlighted key components of a project implementation which include critical path. A critical path in project management is the longest sequence of activities that must be finished on time in order for the entire project to be complete. Participants also learnt about the Slack time as the total time that one can delay a task without delaying the project. Hence, more slack time means that project scheduling is more flexible. They were encouraged to build slack time into their schedule to offset certain risks. Slack time is an indicator of how flexible the timing of project work can be.

Finally, the Participants were trained on the proposal format and were guided on how to fill the relevant details in the project template. The key areas for input in the proposal template include: the goal, the problem being addressed, objectives, activities, project stakeholders, risks and the mitigation plan, target group and the geographical context and socioeconomic profile of the target group, Project time, budget and human resources and last part of the project proposal consists of reporting, documentation monitoring, and evaluation aspects including the Annexure. The trainer encouraged the participants to have a project management policy to give them a road map on implementation of diverse projects in their respective Organizations.



Sr. Hedwig giving highlights on Reintegration during the world Cafe



The AOSK - CCK Team working on their objective analysis during the training in Sri Lanka

By Sr. Hedwig Muse, LSMIG

AOSK SCORE ECD IV

Baseline Survey Score Ecdiv Project

In June, the SCORE ECD AOSK and CRS team, along with the master trainers and Monitoring and Evaluation (M&E) focal persons from the Franciscan Sisters of St. Anna, the Little Sisters of St. Therese of The Child Jesus, and the sisters of St. Joseph in Mombasa, participated in a baseline survey for the SCORE IV project in Siaya, Kilifi, and Meru. The activity began with training sessions for research assistants to equip them with the necessary skills and knowledge to effectively conduct the survey and interviews. This training helped them understand ethical guidelines, data collection techniques, and how to engage positively with local communities. The participation of well-trained research assistants is crucial for ensuring that the data collected accurately reflects the unique circumstances of these communities.



Sr Pauline Acayo - CRS Regional SCORE ECD coordinator giving a keynote speech during training of research assistants in Meru.

The baseline survey aims to assess early childhood development in these regions by gathering essential data on children's health, education, and overall well-being, as well as the mental and economic well-being of caregivers. In each of the three sites, the team collaborated with local communities and stakeholders to identify specific challenges faced by families and children, using interviews and surveys to collect valuable insights. The survey also emphasizes the importance of involving parents and caregivers in early childhood development practices, gathering feedback through direct interactions. The insights gained from this baseline survey will be instrumental in shaping effective strategies for the SCORE IV program, which is designed to run for three years from 2025 to 2028. This ensures that the initiatives are tailored to the unique needs of each community. The thorough groundwork being laid aims to create a brighter future for children in Siaya, Kilifi, and Meru, ultimately leading to better outcomes for early childhood development.



Sr. Judith - AOSK Meal training research assistance in Siaya

By Mrs. Christine Monare

AOSK SISTERS LED YOUTH EMPOWERMENT INITIATIVE AOSK-SLYI

CELEBRATING THE WORLD ENVIRONMENT DAY 2025

The Pervasive Threat of Plastic Pollution

Environmental degradation poses a significant global crisis, with plastic pollution emerging as a major contributor. The United Nations Environment Programme (UNEP) reports that over 20 million tonnes of plastic waste infiltrates aquatic ecosystems annually, contaminating our seas, lakes, and rivers. This pervasive pollution directly impacts habitats and natural processes, hindering ecosystems' crucial ability to adapt to climate change. Consequently, the livelihoods, food security, and social well-being of millions are severely jeopardized.

Focus on Ending Plastic Pollution

In June, the AOSK-SLYI, in collaboration with various technical and vocational institutions across Kenya, commemorated World Environment Day under the theme “Ending Plastic Pollution Globally.” A key component of these celebrations involved conducting sensitization forums to raise awareness about the dangers of plastic pollution. While acknowledging the diverse utility of plastics, the initiative emphasized the critical need for plastic products to be designed for multiple uses and to be economically recyclable without exposing individuals to harmful chemicals. The non-biodegradable nature of many plastics leads to the formation of microplastics, which infiltrate our food and water sources, posing serious health risks. Ultimately, we all share a vital responsibility to reduce, reuse, and recycle plastics to safeguard our planet.

Nairobi Region SLYI Institutions Unite for Environmental Action

Furthering these efforts, on June 13, 2025, thirteen institutions from the Nairobi region convened at Pallazollo Technical in Gachie, Kiambu, to celebrate the day. These institutions included Pallozollo Technical, St. Francis Kasarani, St. Therese Karen, Imani Marianists, Daughters of Mary Help of Christians, Apostles of Jesus, St. Charles Lwanga, Teresa Van Miert, St. Teresa Ruai, Ruben Centre, Teresa Nuzzo, Don Bosco Karen, and Kariobangi Women. The event brought together over 500 participants, who received vital sensitization through talks and diverse presentations on environmental conservation, with a particular focus on plastic pollution. The dedicated team also undertook a community clean-up of Gachie town and planted over 200 trees within the institution's compound, demonstrating a tangible commitment to environmental restoration.



Youth from different AOSK-SLYI institutions participating in the world environment day activity at Gachie in June 2025

By Mrs. Caroline Wamiti

AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

AOSK JPIC

Planning and budgeting for children's rights: day of the african child 2025

Each year on June 16, the African continent comes together to reflect on the challenges and achievements in advancing the rights of its youngest citizens. The Day of the African Child, first observed in honour of the 1976 Soweto Uprising, continues to be a powerful reminder of the urgent need to protect, empower, and invest in African children.

The 2025 theme, "PLANNING AND BUDGETING FOR CHILDREN'S RIGHTS: PROGRESS SINCE 2010," draws attention to the need for governments to move beyond rhetoric and actively incorporate children's rights into national planning and budgeting frameworks. This year's commemoration is not only a celebration but also a critical moment of accountability calling on states, communities, and institutions to evaluate what has been achieved and what remains undone since the African Committee of Experts on the Rights and Welfare of the Child launched this agenda.

At Mary Immaculate Comprehensive School in Chimoi, Kakamega, this message resonated deeply. Over 700 children, educators, and community members gathered in a spirited event where children used music, poetry, and storytelling to demand their rightful place in national priorities. Their performances voiced concerns about inequality in education, neglect of children with disabilities, and the lack of adequate learning resources all tied to how national budgets are planned and executed.

The children's expressions served as a poignant reminder that policies and action plans must be

followed by resource allocation. Without concrete investments such as more classrooms, trained teachers, assistive devices for learners with special needs, and safe school environments children's rights remain theoretical. The inclusion of children's issues in government budgets is a reflection of political will and social commitment.

Faith-based organizations like AOSK JPIC and AOSK CCK have taken an active role in bridging the gap between community needs and institutional action. By organizing sensitization events, training educators, and involving children in rights-based conversations, they reinforce the notion that planning and budgeting must be both participatory and inclusive.

Progress has been made in some areas. Several African governments have implemented child-focused budget tracking tools, enacted policies for free primary education, and increased public spending on child protection. However, implementation gaps, corruption, and limited transparency still hinder full realization. Children in rural areas and marginalized communities continue to bear the brunt of this neglect.

This year's theme challenges stakeholders to take stock not just of how much money is allocated to children's issues, but how effectively it is used. Are budgets gender-sensitive? Do they prioritize early childhood development, adolescent health, and inclusive education? Are children's voices considered in planning processes? These are the questions that must guide future commitments.



Children from different institutions participating in different activities during the celebration of the day of the african child in June 2025

The Day of the African Child 2025 was more than an event it was a movement for justice and dignity. By centering the conversation on planning and budgeting, Africa is being called to act not just with words, but with targeted investments. The future of the continent lies in its children, and how nations plan and budget for them today will determine the Africa of tomorrow.

By Sr. Lydia Malala, SMK

AOSK UNITS

Listening and Discernment: Essential Tools for Synodality

A Reflection for Religious and Clergy

As we journey through this synodal moment in the life of the Church, religious men and women and clergy are invited to rediscover two foundational practices: listening and discernment. These are not just helpful tools they are spiritual disciplines necessary for building a Church that walks together, learns together, and is led by the Holy Spirit.

Listening, in the synodal spirit, is not passive. It is active, humble, and intentional. It is a form of reverence, an openness to the voices of others, even those that challenge us. For us in consecrated and ordained life, accustomed to guiding others, Synodality invites us into the sacred act of receiving: receiving the joys, concerns, wounds, and hopes of

those we serve.

Authentic listening also calls for creating space: space in our communities, rectories, apostolates, and pastoral meetings where every voice can speak freely and be heard without fear. This demands patience, presence, and humility. It is a choice to believe that God can speak through anyone and that the Spirit often whispers through the most unexpected voices. However, listening is incomplete without discernment. This is the deeper work of reflecting, praying, and interpreting what has been heard. Discernment means not reacting impulsively, but prayerfully asking: Where is the Holy Spirit leading us? What is God asking of us in this moment?

As religious and clergy, we are familiar with personal

and communal discernment. Synodality now challenges us to expand that discernment across broader communities, parishes, dioceses, and apostolic groups rooted in Scripture, Church teaching, and the wisdom of our charisms. The goal is not simply consensus, but communion with the will of God.

Together, listening and discernment shape a synodal Church: one that moves not by force or habit, but by faith. They are expressions of love listening as an act of charity, and discerning as an act of obedience to God's will. In modeling these virtues, we foster a Church that is more united, more open, and more prophetic in her mission.



“Let anyone with ears to hear listen!” (Mark 4:9) This call from Jesus remains urgent today. In a world full of noise, the Church is called to be a listening presence, a discerning guide. As those consecrated for service, may we be examples of deep attention, contemplative presence, and prophetic action.

“A synodal Church is a Church which listens... in which everyone has something to learn.”

Pope Francis

Let us walk together, with open hearts and listening ears, allowing the Spirit to lead us into new paths of communion, participation, and mission.

By Sr. Juliana Ndunge, LSOSF

HEALTH ASSOCIATION OF SISTERHOODS OF KENYA (HASK)

Alzheimer's Disease

Alzheimer's disease (AD) is a progressive neurodegenerative disorder that primarily affects memory, thinking skills, and behavior. It is the most common cause of dementia, a general term for a decline in mental ability severe enough to interfere with daily life. Affecting millions worldwide, AD poses a significant challenge to individuals, families, and healthcare systems.

We don't fully understand what causes Alzheimer's disease yet. However, we believe it's a mix of things like your genes (what you inherit from your family), your environment, and your lifestyle. A key sign of Alzheimer's is when unusual proteins build up in the brain. These are called amyloid plaques and neurofibrillary tangles.

Think of amyloid plaques as sticky clumps of tiny protein pieces that gather between brain cells. Neurofibrillary tangles are like twisted ropes of another protein found inside the brain cells. When these build up, they mess up how brain cells work and talk to each other, which then causes damage to the brain. Your age is the biggest risk factor; most people who get Alzheimer's are 65 or older. Your genes can also play a part, especially in a less common type of Alzheimer's that starts earlier in life.

10 Early Warning Signs of Alzheimer's

Learn the 10 early warning signs of Alzheimer's today. If you see one or more of the symptoms in yourself or a loved one, talk to a doctor to find out the cause.

SOURCE: CDC.GOV

Memory loss that disrupts daily life



Trouble with visual images and spatial relations



Difficulty completing familiar tasks



New problems with words in speaking or writing



Changes in mood and personality



Misplacing things and losing the ability to retrace steps



Decreased or poor judgment



Withdrawal from work or social activities



Confusion with time or place



Challenges in planning or solving problems



Currently, there is no cure for Alzheimer's disease, but various management strategies can help alleviate symptoms and improve quality of life. Medications, such as cholinesterase inhibitors and memantine, can temporarily improve cognitive symptoms by boosting neurotransmitters involved in memory and learning. Non-pharmacological approaches are also crucial, including cognitive stimulation therapy, occupational therapy to adapt daily tasks, and behavioral interventions to manage mood and behavioral changes. Support for caregivers is vital, as the disease places significant emotional and physical demands on them.

While there's no guaranteed way to prevent Alzheimer's, research suggests several lifestyle factors may reduce the risk. Maintaining a heart-healthy lifestyle through regular exercise, a balanced diet rich in fruits, vegetables, and whole grains (like the Mediterranean diet), and controlling blood pressure, cholesterol, and blood sugar can contribute to brain health. Engaging in mentally stimulating activities, such as reading, learning new skills, and puzzles, can help build cognitive reserve. Social engagement and maintaining strong social connections are also believed to be protective. Early diagnosis and intervention are key to maximizing the benefits of available treatments and planning for future care.

By Sr. Jerusha Ncabani CLFS

PAX CHRISTI INTERNATIONAL

Religious Sisters: Peacebuilding & Transformational Leadership

Religious sisters, through Pax Christi International (PCI) and the Association of sisterhoods of Kenya (AOSK), have successfully trained individuals to promote peacebuilding, healing, resilience, and social cohesion. These efforts reached diverse communities, including youth, women, men, and religious figures across various counties.

In June 2025, trainers from Kericho, Kisumu, and Nakuru emphasized Transformational Leadership, encouraging all Christians to courageously promote peace beyond the absence of war, seeing it as the presence of justice, healing, and dignity. This involves motivating action through faith, speaking out, serving with compassion, and advocating for dialogue and justice online and offline.

Understanding Transformational Leadership

Transformational leadership inspires, empowers, and elevates those served. It requires emotional intelligence, self-awareness, and empathy, contrasting with authoritarian styles. Key characteristics include:

- **Strong, consistent leadership:** Influences from within and builds respectful relationships.
- **Heart-led approach:** Demonstrates genuine concern for others' well-being and values their potential.
- **Empowerment:** Welcomes new ideas, encourages participation, and equips others for success.

Key Learnings for Participants

Participants learned that true leadership is about inspiration, not control, drawing out potential and guiding others toward a shared, faith-rooted vision. Personal integrity is foundational, with leaders modeling humility, service, and holiness. Empowerment is essential, as transformational leaders mentor and uplift others, especially younger generations. Finally, embracing a vision that sustains the mission involves consistent communication of a compelling, faith-based vision to keep communities united.

Effective Training Methods

The trainers utilized various methods, including facilitator-led sessions, case studies, conflict analysis, surveys, discussions, Q&A, active engagement, reflections, one-on-one and group interactions, testimonies, brainstorming, and group sharing circles. Innovative techniques like role plays ("The Post that Could Heal or Hurt"), visual aids, and drama were employed to illustrate consequences and foster empathy. Case narratives provided real world examples, and lectures ensured key information was delivered effectively.



Sr. Eunice shares on Transformative Leadership



Sr Sharon trains children on the characteristics of a Leader

By Sr. Celine Makario, SMK

CHEMCHEMI YA UZIMA COLLEGE

FORMATION DEPARTMENT

Chemchemi ya Uzima College emphasizes that true formation starts with the formator, whose personal growth, maturity, and openness are key to effective accompaniment in religious and priestly life. The current training focuses on more than knowledge, it fosters integration of attitudes, spirituality, and relationships, rooted in values like humility, compassion, and discernment.

In a supportive environment, formators are helped to embrace vulnerability, deepening their empathy and integrity. This holistic approach nurtures formators who are spiritually grounded, emotionally mature, intellectually alert, and pastorally compassionate, ready to walk with others in their journey of faith and vocation.



Lecture in Progress

Pilgrims of Hope at the Resurrection Garden

On a serene Saturday morning, 21st June, two groups, Formators and those preparing for perpetual vows, departed at 8:00 a.m. for a day of prayer at the Open-Door Resurrection Garden. Upon arrival, we gathered in prayer and, with hearts open to grace, made a solemn entrance through the Holy Door, marking the beginning of our sacred pilgrimage.

We encountered God especially through silent prayer, the sacrament of confession, the solemn Way of the

Cross, and the high point of our day: the celebration of Holy Mass, offered in a spirit of deep reverence and unity.

After Mass, each of us enjoyed our packed lunch privately. The afternoon was spent in silent personal prayers, allowing the stillness of the garden to speak to our hearts. At 3:30 p.m., we departed, renewed, peaceful, and strengthened in our journey as pilgrims of hope.



Procession Towards the Holy Door

By Sr. Florence Nyamai OSU

INTEGRATIVE SPIRITUAL COUNSELLING DEPARTMENT

Brief observation of the situation in African Countries and particularly Kenya: Counselling needed in today's world more than ever.

All African countries are in turmoil, and Kenya inclusive. Kenyans have reached the edge, they are pushed to the wall, and left, wheezing like dogs without food. This is due to the situation that is going on in the country. There is anarchy; the people are left at the mercy of God, and they need those who can provide an ear to listen and a shoulder to lean on. The people are angry and stressed; they are distraught from all directions. Many have taken to the streets to demand justice and good governance, but they are met with the vilest: tear-gas, beaten and wounded, abducted, tortured, and killed even in police custody.

When we think of all that is happening, we see weary families, siblings, relatives, and friends of the affected being thrown under the bus. They are traumatized, anxious, wounded, and breathing down the neck of revenge. How do we reconcile such families? These families need holistic healing. Who is to do this? The reason for Integrative Spiritual Counsellors. We therefore need to read the signs of the time and swiftly act. The situation we are seeing now is neither one

man's business, nor is it a year's problem; the aftermath of all this is great. We need to confront this situation from all angles. Given that different congregations making up AOSK are located in all parts of Kenya, the training should involve all congregations so that the services are available in all parts of the country. Training the sisters in this noble course will place able and skilled servants across Kenya to initiate the healing process from the grassroots.

The situation in the country has brought about ill-health, which goes beyond the physical or mental; it involves spiritual imbalance, emotional instability, and psychological discontent. Anger and unforgiveness are increasing. People who lived for centuries together as good neighbours now look at each other with scorn. Integrative Spiritual Counselling (ISC) acknowledges all these dimensions, physical, mental, emotional, and spiritual, and offers a more comprehensive pathway to recovery, forgiveness, and stability.

Pastoral care and spiritual counselling can serve as first-line support, helping individuals struggling with trauma, anxiety, depression, or addiction. There is

need to build a stronger community support network where trained and skilled personnel reach out not only to families but also to schools, hospitals, and other pastoral areas within reach.

Why Integrative Spiritual Counselling now?

Rising mental health needs: Social challenges and political instability, coupled with abductions, intimidations, and killings, youth unemployment, drug abuse, gender-based violence, and economic crisis, increase mental health burdens that need integrative spiritual counselling services. Training counsellors at this time is inevitable. Let everybody sound a trumpet so that more sisters get the training. At this time, we only have a drop in the ocean of counsellors. More need, fewer counsellors.



Some of the Counsellors who Graduated in 2024 from Tangaza University.

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

