

NEWSLETTER

The Monthly Newsletter for the Association of Sisterhoods of Kenya

What is inside this Issue:

- > Pope's Prayer Intentions for September 2025
- > The Solemnity of September 2025
- > AOSK Catholic Care for children in Kenya
- > AOSK SCORE ECD
- > AOSK Insurance Agency
- > Pax Christi International
- > AOSK Justice, Peace & Integrity of Creation
- > Chemchemi ya Uzima College.
 - > Formation
 - > Sabbatical
 - > ISC

Pope's Prayer Intentions for September 2025.



Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect

Key Observances in September 2025

- *Feast of the Nativity of Mary*: This feast is celebrated on September 8.
- *Feast of the Exaltation of the Holy Cross*: This feast will be observed on Sunday, September 14.
- *Our Lady of Sorrows*: The month of September is dedicated to Our Lady of Sorrows. The Church celebrates her memorial on September 15. This devotion emphasizes Mary's profound suffering and her intimate connection with Christ's passion. It serves as an invitation for the faithful to reflect on her grief and find inspiration to face their own hardships with faith.



G20 INTERFAITH FORUM IN CAPE TOWN

The G20 Interfaith Forum (IF20) held its major 2025 Forum event from August 10-14 in Cape Town, South Africa. The gathering brought together diverse stakeholders, from religious and spiritual traditions, other civil society organizations, government representatives, multilateral entities, and academia.

The Cape Town event was inspired by South Africa's G20 theme, "*Solidarity, Equality, Sustainability*," and the overarching African philosophy of Ubuntu which is integral to South Africa's approach to its G20 Presidency. Like South Africa, the G20 Interfaith Forum recognizes that neither individuals nor nations can thrive in isolation and that global priorities should ensure that no one is left behind. Reversing the stalled progress toward the United Nation's Sustainable Development Goals (SDGs) is essential, and demands paradigm shifts in ways to address overlapping and mutually reinforcing crises. The IF20's mandate is to contribute to a more just world and a sustainable future by drawing on and enriching the multifaceted ideas, experiences, activities, and contributions of diverse actors inspired by faith across the world. The catholic sisters across Africa attended the Interfaith Forum to share their experiences with regard to their contribution on good governance, social justice and human rights across the continent. The Cape Town Forum fostered practical approaches to challenges ranging from social polarization and economic and social inequality to the general challenges of finding sustainable solutions to proliferating operational problems facing the people across Africa and the globe.

The gathering offered the opportunity to harness the transformative potential of religious beliefs and the work of faith-inspired actors to advance global sustainable development agenda. It provided a platform where diverse religious and related communities can identify shared priorities and mobilize solutions with a reach from global to local levels. The hope is to serve as a catalyst for policy change amongst G20 countries, especially where there is openness to strategic cooperation among state and religious actors. By harnessing the collective wisdom, resources, and networks of diverse stakeholders, especially religious actors and traditional communities, the Forum inspired concrete actions towards achieving the 2030 Agenda and the SDGs. The catholic sisters actively participated in the discussions to foster a more just, equitable, and sustainable world by focusing on advocacy efforts and actions that build on the rich experience of countless communities at local, national, and international levels. The IF20 thus draws on the work of what it sees as a true global "network of networks" grounded in shared humanity and working for the common good.



Sr. Hedwig Muse making a presentation on the role of catholic Sisters on human rights



Sr. Hedwig and the fellow panelists after the presentation

By Sr. Hedwig Muse LSMIG.

CATHOLIC CARE FOR CHILDREN IN KENYA

Voices from the Field: The Lived Experience of Care Reform

Imagine a child growing up not in a family home, but in a large, impersonal institution. They get fed and clothed, but they lack the one-on-one affection, personalized attention, and sense of belonging that are critical for healthy development. This is not just a sad story; it's a global reality. But a powerful, worldwide movement is working to change it. This is the heart of care reform: shifting the focus of care from institutions to family and community-based alternatives. Globally, the push for care reform is driven by decades of research showing that institutional care, no matter how well-

intentioned, can harm a child's physical, psychological, and emotional development. The goal is to progressively end the institutionalization of children and create strong, inclusive child protection systems. Countries worldwide are embracing a model of "*deinstitutionalization*," which is built on three main pillars. First, there is the work of preventing separation by investing in families to address root causes of separation. Second, the focus is on strengthening alternative care, so when a child cannot live with their biological family, a safe, family-like setting is found. The third pillar is to safely and

sustainably reintegrate children who are already in institutions back to their families or a suitable alternative, ensuring they have the support needed to thrive.

Across Africa, care reform is gaining momentum as countries recognize the need to strengthen their social welfare systems. The focus is on building a robust social service workforce and developing strong, family-centered care models. This is not just about adopting a Western idea; it's about embracing African cultural traditions that prioritize the extended family and community in raising a child.

In Kenya, this movement is

codified in the National Care Reform Strategy for Children (2022-2032). This landmark policy aims to ensure that more children grow up in safe, nurturing family environments. Care reform isn't a government-only project; it's a societal one. It requires every single one of us to rethink how we view care for vulnerable children.

You can be a part of this change by first supporting family-based care. Instead of automatically thinking of donating to an orphanage, consider supporting organizations that work on family strengthening, foster care, and community-based programs. Your resources can help a family stay together or provide

help by challenging the stigma and educating yourself and others about the benefits of family-based care and the harms of institutionalization, helping to change the narrative that a child is better off in an institution. Advocate for policies and initiatives that support families and reform the care system in your community. And if you have the capacity, consider opening your heart and home by becoming a foster parent or supporting a kinship care arrangement.

Let's work together to ensure that every child has the right to a family and a home where they are not just cared for, but loved. Because a child's place is in a family, not an institution.



Reintegration of Ann Mutitu Alison grandson Mwenda, 3 years old. Picture courtesy of AOSK CCCK

By Mr. Joseph Ngata Wichenje

AOSK SCORE ECD

Sisters remaining vibrant in advocacy with other agencies at county and sub-county levels to mark the world breastfeeding week

Sisters implementing SCORE ECD IV have remained vibrant in ECD advocacy. During the month of August, the world was celebrating World Breastfeeding Week, the sisters from all congregations implementing the SCORE ECD IV project joined hands with other stakeholders/agencies at the County and Sub-County

levels to mark the celebration of World Breastfeeding Week (WBW) from August 1st to 7th, 2025, to raise awareness about the importance of breastfeeding for the health and well-being of both infants and mothers. The 2025 theme, “*Enabling Breastfeeding: Making a Difference for Working Parents*”, focused on promoting supportive environments for breastfeeding mothers, particularly in the workplace. Caregivers were reached with the messaging on these particular days.



Sr. Joyce, ASE during the launch of breastfeeding week - Machakos County

The Objectives of this activity were:

- . To raise awareness about the health benefits of breastfeeding.
- . To promote policies that support breastfeeding, especially for working parents.
- . To encourage community and workplace support for breastfeeding mothers.
- . To educate the project participants about the significance of exclusive breastfeeding during the first six months of life.

The advocacy talks revolved around the benefits of breastfeeding and proper breastfeeding techniques, rights and workplace support for nursing mothers, and finally, testimonials from breastfeeding mothers were shared to inspire and educate others, and recognition was given to mothers who practiced exclusive breastfeeding. And more importantly, the crucial role of breastfeeding in child and maternal health. Through coordinated efforts by health workers, policymakers, and communities, the events promoted a more supportive environment for breastfeeding mothers, especially those balancing work and parenting responsibilities.



Sr. Irene, FSSA sister advocating for breastfeeding for all children.

The Outcomes for these advocacy activities are: Increased public awareness about breastfeeding and its benefits, greater advocacy for workplace breastfeeding support policies, and Enhanced knowledge among parents on the importance of early initiation and exclusive breastfeeding. Hence, for SCORE ECD, the importance of breastfeeding to the nation – breastfeeding is vital for children’s survival and also important for mothers’ health.

By Mrs. Christine Monari

AOSK INSURANCE AGENCY

Importance of Legal Compliance Through Insurance for Catholic Sisters in Kenya

Catholic sisters operating in Kenya face unique legal and operational challenges that make insurance compliance not just advisable but essential for their ministry and community service. Understanding and adhering to Kenyan insurance laws protects both the sisters themselves and the communities they serve.

Kenya's insurance regulations require various forms of coverage for organizations and individuals engaged in different activities. For Catholic sisters involved in healthcare, education, social work, or community development, compliance with these laws ensures their operations remain legally sound and sustainable. The Insurance Regulatory Authority (IRA) of Kenya mandates specific coverage types depending on the nature of services provided.

Insurance compliance safeguards the valuable work Catholic sisters perform across Kenya. Whether operating schools, hospitals, orphanages, or community centers, proper insurance coverage protects these institutions from financial losses due to accidents, natural disasters, or liability claims. This

protection ensures continuity of essential services that communities depend upon.

Individual sisters require adequate health insurance, professional indemnity coverage, and personal accident protection. Compliance with Kenyan insurance laws ensures sisters receive proper medical care when needed and protects them from personal financial liability in their professional roles.

Legal compliance through proper insurance demonstrates the sisters' commitment to operating transparently and responsibly within Kenyan society. This builds trust with local communities, government authorities, and international partners who support their work.

Proper insurance coverage enables Catholic sisters to manage risks effectively while focusing on their core mission. By complying with legal requirements, they create sustainable frameworks for long-term ministry success, ensuring their vital work continues serving Kenya's most vulnerable populations while maintaining legal integrity and community confidence.

By Mr. Francis Mutuku Mbwele

PAX CHRISTI INTERNATIONAL

Healing Hearts and Communities: Sister ToTs Empower Residents in Trauma Training

In August 2025, our skilled Sister ToTs (Trainers of Trainers) delivered a vital training series focused on understanding and healing from trauma. The sessions engaged a diverse group of participants, including village administrators, youth, religious leaders, couples, and schoolchildren. The trainings were particularly impactful, as many participants were unaware of how their bodies absorb and respond to stress and trauma.

Understanding Trauma and Its Effects

The sessions began with a clear definition: trauma is an emotional wound caused by overwhelming, distressing events. It can result from a range of experiences, including violence, abuse, accidents, natural disasters, or

prolonged stress. The Sister ToTs explained that healing involves processing these difficult experiences and developing positive coping strategies. The training covered three primary types of trauma:

- **Acute Trauma:** A single, isolated event like an accident or a sudden loss.
- **Chronic Trauma:** Repeated exposure to distressing situations, such as domestic violence or ongoing conflict.
- **Complex Trauma:** Multiple traumatic experiences occurring over a long period.

Participants learned that the effects of trauma are not just emotional but also physical and behavioral. The trainers detailed symptoms such as anxiety, headaches, fatigue, and even chronic health risks like heart disease and diabetes. Trauma can also profoundly disrupt family dynamics, leading to irritability, self-destructive behaviors, and difficulty maintaining trust among spouses.

A Symbol of Healing: The Tree of Life

To help participants grasp the journey of healing, the trainers used the Tree of Life as a powerful symbol. This imagery represents several key concepts:

- **Connection and Unity:** Highlighting how humans are interconnected and part of a larger whole.
- **Growth and Evolution:** The branches symbolize personal growth and development.
- **Strength and Resilience:** The trunk and roots represent stability and endurance.
- **Cycles of Life:** The tree's natural processes of decay and renewal reflect life's continuous cycles.

Strategies for Healing

The training provided a wide array of strategies for recovery, emphasizing that healing is a process that takes time. The Sister ToTs encouraged participants to find peace in their homes and communities by first addressing personal problems. Discussions included various self-care methods like the use of the Individual Enneagram, forgiveness, self-reflection, and binding.

Participants were also advised to seek professional help, such as Cognitive Behavioral Therapy (CBT), and to incorporate daily self-care practices, including regular exercise, stress-reducing techniques like yoga and meditation, and maintaining routines. Finally, the importance of building a supportive network and engaging in activities that provide a sense of purpose was highlighted as a crucial step toward healing and rebuilding trust.



Sisters training the community on Trauma, its effects and strategies for healing

By Sr. Celine Makario, SMK

AOSK JUSTICE, PEACE & INTEGRITY OF CREATION

Sisters Living Laudato Si In Their Ministries

The Association of Sisterhoods of Kenya (AOSK) collaborated with two staff members from Georgetown University on a learning project. This initiative, titled “Faithfully Seeding,” aimed to explore how various communities of Sisters are connecting the principles of Laudato Si’ with their work and influence on the communities they serve. The visits highlighted the diverse charisms of the Sisters, which are reflected in their apostolates, particularly in their care for creation.

Little Sisters of St. Francis: The Cry of the Poor

The visit to the Little Sisters of St. Francis in Kasarani revealed a profound example of this mission. The Sisters’ work in agriculture and animal farming has restored dignity and a reason for living to over 1,000 people living with HIV. As Sister Stella noted, many of their beneficiaries were at the verge of death due to a lack of proper nutrition. “Taking medicine on an empty stomach was the reality for many of the people we serve,” she said. “But after we came up with an alternative way of supporting them with food from our farm, it has rejuvenated them.”

This work directly reflects the “ecology of daily life” discussed in Chapter 4, Part 3 of Laudato Si’. It addresses Pope Francis’s point that “respect for our dignity as human beings often jars with the chaotic realities that people have to endure in city life.” One group member expressed this sentiment clearly: “The Sisters are a gift from God. Life in the city has no mercy on anyone, and without them, some of us would have died a long time ago.”

By allowing the community to connect with nature, the Little Sisters of St. Francis embody the spirituality of their patron saint, helping people rediscover the meaning of a healthy life through nutrition. As Pope Francis wrote in Laudato Si’, “a true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor.” The Sisters are living out their prophetic mission by responding to both.



Sisters Stella and Beatrice from LSOSF show guests the community garden, where members benefit from their hard work.

Daughters of the Sacred Heart: Educating the Next Generation

The visit to the Daughters of the Sacred Heart offered a different perspective on responding to Laudato Si'—through education. The Sisters are passing on knowledge of caring for the Earth to the next generation, a response to Pope Francis's question to the older generation: "What kind of garden will be passed on to the young?"

Their involvement in agriculture was initially a practical response to a student concern. Students complained about the quality of store-bought vegetables, which were often laden with chemicals. The school's garden provided a healthier alternative and helped reduce costs. This initiative also created jobs for vulnerable men and women from the community. Located in an affluent neighborhood, the school's garden provides a valuable service to the workers who live nearby, who would otherwise have to travel long distances for groceries.

In their response to Laudato Si', the Sisters also established a peace club and a dedicated "peace corner" at the school. This aligns with the encyclical's message that "no one can cultivate a sober and satisfying life without being at peace with him or herself." The Sisters are cultivating a culture of peace by encouraging students to care for nature and tend to their own small garden plots. The Prayer of St. Francis is a central part of the peace corner, reinforcing the connection between inner peace, care for creation, and a balanced lifestyle.



Sister Jennifer, DSH explains how their school community lives out Laudato Si', as Father Sane on the right reflects at the peace corner.

By Sr. Bernadetta Nzioka, DSH

AOSK CHEMCHEMI YA UZIMA COLLEGE

Formation Department

Stepping into the unknown with faith and hope: welcoming our new formators as they begin their journey of learning

On 4th August 2025, Chemichemi ya Uzima College joyfully welcomed a new group of men and women religious from different countries who have embarked on their training as formators.

This occasion marks the beginning of a journey of discovery, growth, and service. Each participant brings unique gifts and aspirations, while embracing the deeper call to prepare for the ministry of formation. Their presence enriches the college community with fresh energy and renewed hope for the future.

A key moment in the first days was the orientation program, which created space for the new group to bond, feel at home, and appreciate one another.

Formation is more than preparation; it is an adventure of faith. It calls for openness, courage, and trust in God's guidance. Throughout this time, participants will not only acquire knowledge and skills but also experience inner transformation. The journey unfolds within community life, where mutual

support and shared experiences become sources of strength. Prayer anchors them in God's presence, while the Spirit leads them toward deeper trust and commitment to their vocation.

As they set out on this path, we entrust our new formators to God's loving care, confident that their training will bear lasting fruit: in their personal growth, in the lives of those they will accompany in the future, and in the mission of formation itself.



The students orientation process

By Sr. Florence Nyamai, OSU

St. Anselm's Sabbatical Program

Motto: "Come As You Are"

As the program's motto, "*Come as You Are*," suggests, we welcome participants without regard for academic credentials, race, color, culture, nationality, or gender. On August 4, 2025, we welcomed 37 participants from 10 African countries: Zambia, Ethiopia, Egypt, Nigeria, Kenya, Uganda, Cameroon, Congo, Zimbabwe, and Tanzania. The group includes three religious brothers, two religious priests, one

diocesan priest, and thirty-one religious sisters. The semester has begun with great enthusiasm. A two-day orientation provided a welcoming atmosphere, helping participants acclimate and feel at home. Our staff received sincere thanks for their warm welcome, and this positive start has set the tone for a transformative journey ahead. Participants have completed workshops on Journaling and Trauma

Healing and have now begun their sessions on Human Development. They have also started “*growth groups*” and one-on-one facilitation. We wish them every success in their inner journey of discovery. The participants truly “came as they are”—tired, exhausted, and low in spirit, seeking to find their inner selves and reclaim their personal space. They have expressed a desire to rest, pray, and reconnect with God, seeking inspiration for their future missions. Their aim is to feel rejuvenated, enabling them to better minister to others. The group is committed to their personal process and is

enthusiastic about their journey of self-discovery. We wish them well as they “read their own book,” finding happiness and a deeper understanding of themselves. These religious men and women have expressed joy at being at Chemchemi ya Uzima and are eager for personal renewal. We are pleased to report an increase in sabbatical participant numbers this semester. This growth is a direct result of our “World Café” presentations at the AGM for superiors, the compelling success stories from our past participants, and effective advertising on the AOSK social platform.



From left is Sister Luciana Wanyahoro, VDM addressing the new sabbatical participants and on the right are sabbatical participants having group dynamics.

By Sr. Leocadia Kemunto, FSJ

Integrative spiritual counselling

The semester began smoothly on the 17th with the arrival of our boarding students, and lectures commenced on the 18th. Our returning students have resumed their studies without issue. The new students successfully completed their orientation and began lectures on Tuesday 19th. All aspects of the semester are progressing very well. We are hopeful and prayerful for continued guidance and protection as the academic year moves forward. The start of this academic year has already seen significant successes. We have secured a team of competent and dedicated lecturers to guide our students through their studies. We have also enhanced our technological resources for effective learning. We are particularly grateful to the AOSK Secretariat for providing additional laptops, which will help us keep pace with a rapidly changing technological world.

We invite all sisters, fathers, brothers, and supporters to encourage participation in this vital program. The journey toward spiritual and personal renewal has just begun, and with God's grace, we are confident in our path to growth and transformation.

By Sr. Sophia Wanyama, LSMIG.

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



Association of Sisterhoods of Kenya.
P.o.Box 21068-00505, Nairobi Kenya
Telephone: 0708663399
Email: aosksec@aoskenya.org