



# ASSOCIATION OF SISTERHOODS OF KENYA

*MOTTO:*

**UNITED WE STAND AS A SIGN OF GODS PRESENCE**



## — *ANNUAL MAGAZINE* —

**AOSK Executive Secretary  
Message Pg: 4**

**Editors  
Message  
Pg: 7**

**Sabbatical Construction  
Fundraiser appeal Pg: 39**



# CONTENTS



## Editor's Pick

- 04**     **Message from the AOSK Executive Secretary**
- 09**     **AOSK Legal Office Input**
- 11**     **AOSK CCCK Impact in 2025**
- 14**     **AOSK SLYI Impact in 2025**
- 17**     **AOSK Safeguarding office Annual reflection**
- 30**     **AOSK Chemchemi ya Uzima 2025 achievements**

- 40**     **Chemchemi ya Uzima College Sabbatical Fundraiser**



**The Prospected Sabbatical Block**

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## ACRONYMS & ABBREVIATIONS

<b>AJS:</b>	Alternative Justice Systems
<b>AGM:</b>	Annual General Meeting
<b>AOSK:</b>	Association of Sisterhoods of Kenya
<b>CCIs:</b>	Charitable Children's Institutions
<b>CCCK:</b>	Catholic Care for Children in Kenya
<b>CJPD:</b>	Catholic Justice & Peace Department
<b>CNHF:</b>	Conrad N. Hilton Foundation
<b>CRS:</b>	Catholic Relief Services
<b>CSOs:</b>	Civil Society Organizations
<b>CST:</b>	Child Sex Tourism
<b>DAC:</b>	Day of the African Child
<b>ECD:</b>	Early Childhood Development
<b>GPA:</b>	Group Personal Accident insurance
<b>GBV:</b>	Gender-Based Violence
<b>HRTs:</b>	Human Rights Teachers
<b>HOCAI:</b>	Holistic Organizational Capacity Assessment Instrument
<b>HASK:</b>	Health Association of Sisterhoods Kenya
<b>ICAPAMI:</b>	Institute of Catechetics and Pastoral Ministry
<b>IGAs:</b>	Income Generating Activities
<b>IRA:</b>	Insurance Regulatory Authority
<b>ISC:</b>	Integrative Spiritual Counselling
<b>iM/FBC:</b>	Integrated Mother/Father Baby Course
<b>JPIC:</b>	Justice, Peace, and Integrity of Creation
<b>MEAL:</b>	Monitoring, Evaluation, Accountability, and Learning
<b>MOU:</b>	Memorandum of Understanding
<b>SDGs:</b>	Sustainable Development Goals
<b>SLYI:</b>	Sisters-Led Youth Empowerment Initiative
<b>ToTs:</b>	Trainers of Trainers
<b>WIBA:</b>	Work Injury Benefits Act





## Message from

Sr. Pasilisa Namikoye, LSOSF, PhD  
AOSK Executive Secretary



### ***WALKING TOGETHER AS PILGRIMS OF HOPE IN SERVICE TO GOD AND HUMANITY***

**T**his year, 2025, has once again demonstrated the extraordinary resilience, unwavering faith, and innovative spirit that define the Association of Sisterhoods of Kenya (AOSK). We remain a dynamic association of empowered, prophetic women religious living gospel values. This truth has carried us through every challenge and triumph. As Aristotle wisely noted, *“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”* The excellence you have embodied this year stands as a powerful testimony to who we are and who we continue to become as pilgrims of Hope on a mission. As we close the chapter on another year of dedicated service, my heart is overflowing with gratitude and profound admiration for the support and commitment of the AOSK staff, stakeholders, and development partners in steering the vision and mission of the association.

We embrace our identity as pilgrims of hope, women who walk in faith, courage, and conviction even amid uncertainty. To be a pilgrim of hope is to move with trust in God’s providence, grounded in prayer yet bold in action, attentive to the cries of the vulnerable, and steadfast in our mission of transformation. It calls us to see beyond present challenges and witness to a future shaped by justice, compassion, and peace. As Pope Francis reminds us, *“Hope is bold; it knows how to look beyond personal convenience, the small securities and compensations which limit our horizons, and it can open us up to grand ideals.”* As pilgrims of hope, we carry light into spaces of despair, nurture healing in wounded communities, and walk in solidarity with all God’s people. Strengthened by grace and guided by the Spirit, we move into the coming year with renewed faith that God makes all things new and that our collective steps will continue to bring life, dignity, and hope to the world.

The association contributed to the attainment of Sustainable Development Goals (SDGs) 1, 2, 3, 4, 5, 8, 10, 13, 16, and 17 through its programming. We have done this by supporting the current 185-member congregations, comprising at least 10,000 women religious, to realize their charisms through their various apostolates. Our initiatives in women empowerment, youth empowerment, justice and peace, safeguarding, early childhood development and education, health, education, climate change and adaptation, and advocacy have indeed transformed lives, directly impacting at least **2,466,559** individuals and indirectly serving an estimated **15,213,893** persons. This translates to **28.53%** of the Kenyan population, estimated at **53,330,978** by the Kenya National Bureau of Statistics (KNBS, 2025), signifying the essential impact of the association at the grassroots. As Scripture urges us, *“Let your light shine before others, that they may see your good deeds and glorify your*



*Father in heaven*” (Matthew 5:16). Truly, this light has shone brightly throughout the year.

The collective impact of AOSK this year has been monumental. Some of the many achievements we have had during the year include:

- Growth in membership from 175 to 185 congregations of women religious, with a member satisfaction index of 70.24% in 2025.
- Collaboration with CASILEP (Catholic Sisters in Legal profession) – To Provide a strategy for addressing Legal gaps and ensuring Justice in Legal matters (Both Canon and Civil) affecting consecrated life.
- Safeguarding Journey with Catholic care for Children and Partnership with Tangaza University on Safeguarding in addressing gaps in initial and ongoing formation. Support to 20 congregations in reviewing and developing safeguarding policies to enhance compliance and foster a safeguarding culture in congregations of women religious.
- The training of 399 religious men and women in formation, catechetical, counselling, and sabbatical programs.
- 1,390 youth trained in technical and vocational skills in partnership with 55 technical training institutions in Kenya, with a completion rate of 94.88%
- 516 youth absorbed in the 5 regional Mega businesses, 21 on contractual, and 495 on piecework, most of whom have indicated transformation in their livelihoods, with some having started their own businesses from the savings.
- 49 youth businesses have been established in 2025, 4 of which are group businesses with 45 individual businesses in various technical trades, including fashion and design, catering, hairdressing and beauty therapy, and carpentry, among others.
- Fostering access to secondary education among 275 students and vocational education for 383 youth.
- Successful intervention in at least 120 cases of human rights violations through the association’s Legal Office and implementation contact persons.
- Sensitization of communities in safeguarding, reaching 11,555 individuals, including sisters and community leaders, for enhanced gatekeeping.
- Reintegration of 824 children, leading to 5,898 children reintegrated since 2019, a significant milestone in implementing care reforms.

As women religious, we navigated the challenges of sustainability within our congregations through a strong commitment to capacity strengthening at all levels. Sustainability of mission in religious congregations depends on the ability to remain spiritually grounded while adapting to evolving social, economic, and pastoral realities. It requires strengthening leadership capacity, diversifying income sources, investing in mission-oriented professional skills, and fostering intergenerational collaboration to ensure continuity. Sustainable mission also involves responsible stewardship of resources, integrating MEAL (Monitoring, Evaluation, Accountability, and Learning) practices for informed decision-making, and nurturing partnerships that amplify impact. Søren

Kierkegaard reminds us, *“Life can only be understood backwards; but it must be lived forwards.”* With this wisdom, we reflect on our experiences and renew our purpose. As we lean into our mission, we trust in God’s strength: *“I can do all things through Christ who strengthens me”* (Philippians 4:13). As an association, we have continued offering professional training and capacity building to Catholic sisters as agents of social transformation through our various programs.

We remain mindful of the need to strengthen local resource mobilization and stewardship. The envisioned AOSK Plaza remains at the heart of our sustainability priorities. As we conclude a productive 2025, we acknowledge that deep-rooted societal issues, including persistent poverty, structural injustices, gender-based violence, widespread unemployment, and ongoing security challenges, demand our continued attention. Yet we move forward with confidence and hope. In the words of Helen Keller, *“Although the world is full of suffering, it is also full of the overcoming of it.”* The transition into 2026 marks the next chapter, one in which we will continue converting these challenges into opportunities for community transformation. From the remote corners of the country to the bustling cities, our commitment to empowering the marginalized, educating the young, and providing compassionate care remains the bedrock upon which our Church and society are built. As Marcus Aurelius teaches, *“What stands in the way becomes the way.”* Every challenge before us becomes an invitation to growth, faith, and transformation.

My heartfelt gratitude extends to the committed AOSK team whose expertise and unity have been instrumental in realizing our vision and mission; the dedicated Sisters who manifest God’s compassion daily through their prayers and service; our steadfast partners whose solidarity multiplies our reach; local implementation partners; and the communities themselves who collaborate actively in their own transformation. Our consecrated life is indeed a gift to the Church, and our collective service remains a powerful force for advancing God’s Kingdom on Earth.

As we embrace the dawn of a new year, may God’s peace remain your anchor, His joy your strength, and His love your constant guide. May 2026 be a year of renewed purpose, abundant grace, unshakeable hope, and fruitful service. *“May the God of hope fill you with all joy and peace as you trust in Him”* (Romans 15:13). May your hearts remain courageous, your work impactful, and your spirits lifted with the assurance that God journeys with us into every new beginning. **Merry Christmas and a Prosperous New Year 2026.**





## *From the Editor*

Mr. Brighton Savayi Amuni

AOSK Monitoring and Evaluation Officer



### *Dear Reader.*

It is with immense joy and gratitude that we present to you the AOSK Annual Magazine 2025, a tapestry of resilience, service, transformation, and renewed commitment to the mission of Christ through the ministries of Catholic sisters in Kenya. Each page of this magazine reflects not only the depth of our collective dedication but also the breadth of impact achieved across sectors, child protection, education, youth empowerment, formation, justice and peace, safeguarding, and institutional strengthening. What shines through these stories is the unmistakable truth captured in our motto: *“United we stand as a sign of God’s presence.”*

From the AOSK Legal Office, we witness bold strides in illuminating children’s inheritance rights under Kenyan law, offering clarity and justice in an area often misunderstood or overlooked. The AOSK-CCCK Program led a national movement in child care reform, systemically taking strides to implement care reforms, championing a shift from institutional care to family- and community-based care through training, safeguarding policy development, and positive parenting, reaching over 5,800 families.

The Sisters Led Youth Empowerment Initiative (SLYI) celebrated empowerment of over 1,390 youth with skills-based scholarships, supporting 49 business start-ups, and encouraging environmental stewardship through tree planting and innovation fairs that showcased the creativity and resilience of young Kenyans across the country. The Safeguarding Office continued to solidify its foundational role within the Church’s mission by equipping congregations, administrators, and formation houses with the knowledge and tools required to create safe, accountable, and life-giving environments for minors and vulnerable adults.

Through the AOSK Units Program, sisters across dioceses strengthened leadership structures, deepened advocacy in safeguarding, and reached more than 15,000 people through community outreach. Collaboration, formation, and visibility remained central pillars of their success. The AOSK Insurance Agency attained remarkable growth, grounded in trust, education, and strategic partnerships, a sign of the institution’s increasing capacity to support congregations in responsible stewardship. It highlights the significance of taking precautions with our investments so that in case of any eventuality, we don’t bear the entire loss.

Justice, Peace, and Integrity of Creation amplified the prophetic voice of the Church, challenging social injustices, notably Child Sex Tourism, and advancing the Sustainable Development Goals through community mobilization, human rights education, and peacebuilding. The SCORE ECD program, now in its fourth phase,

continued strengthening congregations in Early Childhood Development, capacity building, MEAL systems, and institutional sustainability, positively influencing more than 150,000 families.

At AOSK Chemchemi ya Uzima College, the year brought remarkable growth: from formators' programs, retreats, and international participation, to the vibrancy of the ISC, ICAPAMI's commissioning and graduation milestones, and the dynamic St. Anselm's Sabbatical Program, which welcomed participants from over ten African countries. Each initiative affirmed Chemchemi as a wellspring of spiritual, intellectual, and pastoral renewal.

What emerges from these pages is a profound realization: *The mission of religious life continues to evolve, deepen, and respond boldly to the signs of the times.* Catholic sisters have shown exceptional courage and creativity as they accompany youth, protect children, steward creation, form future leaders, empower vulnerable communities, and strengthen governance in congregations and institutions.

To all contributors, program teams, partner organizations, formators, administrators, and the sisters who labour tirelessly in silence and humility, you are the heartbeat of this magazine and the living expression of our shared mission.

As we step into a new year, we remain grounded in hope, united in purpose, and unwavering in our commitment to serve God's people. May the stories in this edition ignite inspiration, strengthen partnerships, and remind us that *every act of service, whether seen or unseen, advances the Kingdom of God.*

With deep gratitude, I welcome you to immerse yourself in this year's reflections, achievements, and transformative journeys.



***INHERITANCE RIGHTS OF CHILDREN UNDER KENYA'S LAW OF  
SUCCESSION ACT***



**I**n Kenya, the concept of Children's Rights in Intestate Succession Laws is crucial in ensuring that minors are protected and their inheritance rights are upheld. When a parent passes away without a will, the laws of intestate succession come into play, and it is essential to understand how they affect children's rights. The Law of Succession Act (Cap. 160) governs the distribution of property when a person dies without a will. According to the Act, the deceased's estate is distributed among the surviving spouse, children, and other relatives. However, the rights of children are often overlooked, and it is crucial to understand how the laws of intestate succession impact their inheritance rights. Children have a right to inherit their parent's property, and this right is enshrined in the Constitution of Kenya. The Children Act (Cap. 141) also provides that children have a right to protection and care, including the right to inherit property. In the event of intestate succession, children's rights are often compromised, and they may be disinherited or receive a smaller share of the estate.

The Kenya Law of Succession Act governs inheritance (the distribution of a deceased person's estate when they die). The Act ensures that children, whether

born in or out of wedlock, have equal rights when it comes to inheritance. Under the Law of Succession Act, children are defined as biological or adopted children (sons and daughters) of the deceased. This includes legitimate children, "illegitimate" children, and children born out of wedlock, and children recognized or accepted by a male person as his own. It also includes children conceived but not yet born. Step-children and children whom the deceased had adopted are also recognized. The Act recognizes the importance of ensuring equal inheritance rights for all children, regardless of their birth circumstances. Children includes minors or those who have become adults alike. Whereas the law talks about equal division of inheritance, it also emphasizes principles of fairness and considers various factors in determining the allocation of assets.

While equal splitting is the standard, courts do have discretion in certain situations to provide more resources to one child if the circumstances warrant it. The law allows interested parties to apply for greater or even the entire estate to pass to one child under certain conditions, such as if that child lived with and took care of the parent before their passing. Courts are supposed to take into account various considerations,

so as to ensure that each dependents got a “reasonable provision”. Adjusting shares away from equal splits should only happen with compelling justification. The court is obliged to consider, for instance, the needs and circumstances of each beneficiary, and his relationship with the deceased. This means that while children have a right to inherit from their deceased parent, the actual distribution may vary depending on factors such as financial need, contributions to the deceased’s estate, prior gifts, and any existing agreements or arrangements. Therefore, a parent who is doing a will to give unequal (but reasonable) portions of inheritance to his different children.

If a child died before his or her parents but had children, those children directly inherit their parent’s share from their grandparents’ estate. This ensures that the lineage of the deceased child continues to benefit from the estate. For inheritance, the Law of Succession Act does not differentiate between male and female children. The Act upholds the principle of gender equality, ensuring that both sons and daughters have an equal entitlement to their deceased parent’s estate. This means that regardless of your gender, you have an equal right to inherit from your parents.

While Islamic law bars children born out of wedlock from inheriting from their Muslim father, the Supreme Court of Kenya has now firmly held that such exclusion is unconstitutional. In the landmark decision (*Fatuma Athman Abud Faraj Vs Ruth Faith Mwawasi & Others*; SC Petition E035 of 2025) delivered in June 2025, the Court unanimously ruled that all children, whether born within or outside marriage have the right to inherit from their Muslim father. The Court stated that denying them inheritance merely on the basis of their birth status was unjust, discriminatory, and a violation of the Constitution’s

guarantees of equality and non-discrimination.

Traditionally, inheritance followed gender-based customs, with sons as primary heirs and daughters largely excluded. However, Kenya’s legal framework has evolved significantly, ensuring equal inheritance rights for all. Further, as much as a child is considered a beneficiary, it also grants property owners the freedom to distribute their assets, as they deem proper and fit. Article 27 of the Constitution of Kenya, 2010 (the ‘Constitution’) guarantees non-discriminatory inheritance, granting sons and daughters equal legal standing. Article 40 of the Constitution further reinforces the right to own and inherit property, mandating that succession laws align with constitutional principles. The Law of Succession Act (Cap 160) governs inheritance, prioritizing children when a parent dies intestate, without a will. However, where a valid will exists, parents retain full discretion over asset distribution, including the legal exclusion of specific heirs.

A will is a written document showing how property is distributed after someone passes away. A will outlines how the deceased’s estate inclusive of, assets, debts should be divided. But before anyone rushes to claim their share, the will must meet legal standards to be enforceable. If a will is disputed, the matter will end up in court and If the will is found invalid, everything shifts to intestate succession. Under intestate succession, the court steps in and distributes the estate among the rightful heirs in order of priority, starting with spouses, children, and close family members.

***By Sr. Hedwig Muse, LSMIG,  
Advocate.***



## THE UNFOLDING STORY OF CARE: HOW AOSK-CCCK DROVE A NATIONAL TRANSFORMATION IN 2025

The year 2025 will be remembered as the moment the promise of child welfare reform in Kenya moved decisively from policy to practice, galvanized by the dedicated efforts of the Association of Sisterhoods of Kenya - Catholic Care for Children in Kenya (AOSK-CCCK) Program. This was not merely a year of compliance, but a profound period of institutional and cultural transformation, where the commitment to family-centred care became the new standard. The narrative of 2025 is a embroidery woven with strategic implementation, deep professional development, and powerful community engagement, all aimed at ensuring every child's right to a nurturing family environment.

The program's journey began with a critical focus on re-orienting the very custodians of care. The early months were marked by a high-impact start-up meeting in February, where 70 administrators from Charitable Children's Institutions (CCIs) were immersed in the substance of the new care reform guidelines and the foundational principles of the 2022 Children Act. This pivotal gathering ensured administrators not only understood the legal framework but were equipped to translate it into enhanced understanding and compliance, establishing a consistent, compliant, and family-focused approach across the sector. This foundational work was dramatically reinforced later in the year, particularly with the September workshop, which honed the skills of 75 CCI administrators in practical guidelines for institutional transitioning, alongside crucial modules on Child Safeguarding and Resource Mobilization. This training didn't just disseminate knowledge; it demonstrably led to Enhanced Knowledge and Behavioural Change, preparing CCIs administrators to steer their institutions towards community-based alternatives.



*Mr. Stanley Hari from the National Council for children services in Kenya educating the CCI's administrators on care reforms.*



Crucially, the AOSK-CCCK recognized that policy without professional skill is inert. Therefore, a massive, long-term investment was launched to professionalize the sector. In February, a reflective pre-academic experience was held for 40 religious' personnel, fostering their Enhanced readiness for higher education before they embarked on specialized studies. This impressive cohort was enrolled in degree, diploma, and certificate programs in Social Work and Integrative Psychospiritual Counselling at CUEA and Chemichemi. This ongoing initiative is a direct investment in Enhanced Professional Expertise for Sustainable Reintegration, building an internal, highly-skilled workforce capable of delivering complex case management and therapeutic support. To ensure equity and success, the program immediately provided 40 new laptops, guaranteeing Enhanced Access to Modern Learning and Information for every scholar a critical step in equipping future leaders for the digital demands of modern social work.



***AOSK CCCK Sponsored students keenly following up a session during their orientation at Subiaco Centre.***



***AOSK CCCK Sponsored students posing with their laptops after a successful orientation.***

A non-negotiable component of the reform was enshrining robust safeguarding measures. Throughout the year, the AOSK-CCCK systematically supported 21 Congregations in developing comprehensive Protection and Safeguarding Policies. This led to Enhanced Institutional Safeguarding Frameworks, transforming organizational commitment into formalized, standardized protocols for children and vulnerable adults. This rigorous process culminated in the November induction meeting, where 21 newly designated Safeguarding Officers were fully trained and inducted on the reviewed policy. This session achieved a critical milestone: a finalized and adopted Safeguarding Policy that ensures consistency across all participating Congregations, effectively creating a safety net anchored in legal and ethical best practices.



***CCI's administrators working with AOSK CCCK keenly following up a safeguarding session at Subiaco centre.***





Beyond internal governance, the program's impact was evident on the ground. Strategic Support Supervision Field Visits were conducted to 15 CCIs across key regions like Nyahururu, Meru, and Lodwar. These direct engagements delivered practical assistance, leading to Improved Compliance and Reintegration Practices at the Ground Level. This hands-on approach ensured that care reforms were effectively translated into daily operations, resulting in demonstrably better protection for children and more successful transitions back into family life. The most transformative change occurred in the communities. The AOSK-CCCK Program's vision is centred on the family, and the Positive Parenting and Safeguarding Forums were its most potent tool for community empowerment. From March to July, the program supported 12 CCIs in reaching an astonishing 5,800 community members. This widespread sensitization

on positive parenting attributes led to Strengthened Family Units and Community Child Protection, visibly reducing the factors that push children into institutional care. This outcome represents a fundamental shift: communities are now actively empowered as the first line of defence for child welfare.



*Sr. Hedwig Muse, LSMIG sensitizing community members from homabay on positive parenting.*

Complementing this, the powerful celebration of the Day of the African Child (DAC) in June engaged 2,500 children from 5 CCIs. This was more than a celebration; it was a rights-based intervention that resulted in Increased Child Rights Awareness and Engagement, fostering a generation that is not only protected but also aware of, and able to advocate for, its own rights.

Looking to the future, the program tackled the essential question of institutional transition. The brainstorming meeting in July with the Advisory Committee was a forward-looking session that resulted in a crucial Shifted Strategy and Action Plan. This roadmap identified specific challenges and opportunities for Child Care Institutions (CCIs) to move towards Community-Based Care, including prioritizing pilot projects for repurposing their facilities. This strategic planning ensures that the physical assets and dedication of the institutions will continue to serve children and families, transforming them from places of residential care into community hubs for support services.

The achievements of 2025 are a clear declaration of the AOSK-CCCK Program's leadership and impact. It has successfully navigated the complexities of legislative change, capacity building, and community mobilization. The continuous enrolment of scholars, the adoption of policies, and the direct engagement of thousands of community members mark a decisive and irreversible move towards a more loving, professional, and sustainable care system for Kenya's children.

***By. Mr. Joseph Ngata Wichenje***

## THE AOSK SISTERS-LED YOUTH EMPOWERMENT INITIATIVE 2025 SUCCESS

The Sisters Led Youth Empowerment Initiative was founded in 2020 when the Association realized the need to expand the provision of quality services to disadvantaged and vulnerable youth of 15-25 years to champion for sustainable human development. According to a report by the International Labor Organization youth unemployment rate is estimated at 13%. Kenya is no exception because young women and men account for 37% of the working age populations. The high rate of unemployment makes young women and men susceptible and prone to extreme radicalization, crime, early marriages, drug and substance abuse among others. The initiative seeks to empower vulnerable and disadvantaged youth across the country through skill development, mentorship and provision of seed capital for self-sustainability. AOSK believes in holistic formation that gives young people an opportunity to realize their fullest potential and productively participate in their social, economic, political, cultural and religious life without fear. The project is in its second phase, second year of implementation. The overall goal of the project is Improved socioeconomic sufficiency and resilience among supported vulnerable and disadvantaged youth between 15 and 25 years' old.

During the year AOSK-SLYI implemented a number of activities aimed at empowering the vulnerable and disadvantaged youth for self-sustainability.

Through Hilton Generation in Giving, the program supported 383 vulnerable and disadvantaged youth with scholarships for skills acquisition. The scholarships will enable the youth acquire market-driven knowledge and skills which not only prepares

them for the job market but equips them with essential business skills like entrepreneurship. The entrepreneurial mindset enables young people to create job opportunities for themselves and others hence self-sustainability. Additionally, 84 youth enabled differently scholarships were extended for two years to enable them have sufficient time to learn due to their special needs.

Institutions capacity strengthening is key not only in enhancing the institutions sustainability but supporting the vulnerable youth acquire the necessary skills and increase their employability. During the last quarter of the year the program sub granted two institutions, Kariobangi Women's empowerment and Marengoni community college for mega businesses. The mega business support aims at empowering the sisters led technical institutions with the right and modern infrastructure for teaching, income generation and create employment opportunities for vulnerable youth who are unable to come up with and implement their business ideas.

One of the key elements for youth empowerment is to equip them with skills, resources, and opportunities to actively participate in their social economic life. It involves providing access to education for skill development, mentorship and provision of seed capital for self-sustainability. During the month of July, the program organized a two days training for 59 youths on entrepreneurship, financial literacy, group dynamics and record keeping in preparation for business startups. So far the program has supported 57 youths for business startups 45 in sole proprietorship and 12 in partnerships.





*AOSK Executive Secretary, Sr. Pasilisa Namikoye encouraging the young entrepreneurs during the training*



*One of the AOSK SLYI youth together with her administrator receiving some business equipment from the AOSK SLYI Program manager Sr. Celestine Adhiambo, FSSA*

Social economic empowerments not only support the youth to be independent and self-sustainable but also directly fosters innovation and creativity by equipping individuals with the resources, skills, and confidence to develop new ideas and turn them into tangible solutions. Empowerment nurtures innovation, which in turn accelerates social and economic progress empowering communities. In October, over sixty-six youth innovators from different institution working with AOSK came together to showcase their creativity and innovation during the Inter Institutional Innovation challenge with the theme “Innovating with Skills:



Empowering Youth in Trades for a Sustainable Future The innovation aimed at promoting youth entrepreneurship using practical and local skills, solving community problems through craft, developing products and services that are innovative, sustainable and market-ready while turning the skills into income-generating opportunities. The young innovators competitively showcased their creativity through their well-crafted products and services made from readily available materials that are environmentally friendly and cost effective. The challenge saw the female excel in trade areas mostly dominated by male and vice versa, where two females emerged the best innovators in welding and electrical installation and a male in beauty therapy respectively.



***Youth enabled differently from St. Oda school for the visually impaired showcasing their Innovation in embroidery, knitting and Arts & craft***



***AOSK-SLYI Program manager, Administrator Pallazollo technical and OCPD Kihara Subcounty planting a tree to mark World Environment Day***

Environmental degradation is one of the major crisis facing the global world today. Plastics have become one of the major threats to the Environment. According to the United Nations Environmental Programme over 20 million tons of plastic waste leaks into aquatic ecosystems, polluting seas, lakes and rivers. Plastic pollution alter habitats and natural processes, reducing ecosystems' ability to adapt to climate change, directly affecting millions of people's livelihoods, food production and their social well-being. During the month of June, the AOSK-SLYI in partnership with various technical and Vocational Institutions across Kenya celebrated the World Environment Day with the theme "Ending Plastic Pollution Globally". They carried out sensitization forums on plastic pollution, Clean up exercise and planted over 6000 trees. As much as we need plastics for various use, plastic products should be designed for multiple times usage, economically recyclable without exposing people to harmful chemicals. People are encouraged to take responsibility to reduce, reuse and recycle plastics to protect the mother earth.

Annual General Meetings (AGMs) are fundamental, as they give members and stakeholders an opportunity to actively participate in decision making processes. During the first week of November AOSK-SLYI organized its AGM attended by 51 members, 43 administrators and 8 youth champions. The program presented activities implemented during the year, achievements and challenges allowing members to reflect on the gaps realized and give opinions on how to better improve for the coming year.



***AOSK Meal Officer Brighton Amuni making his presentation during the SLYI 2025 AGM***

For the coming year the AOSK-SLYI will continue to support vulnerable and disadvantaged youth by paying school fees for skill acquisition, support more youth for business startups. Additionally, carry out implementation forums on psychosocial support, celebrate World Environment day, enhance our partnership and collaborations through sporting activities.

***By. Mrs. Caroline Wamiti***

## **AOSK SAFEGUARDING OFFICE 2025 ANNUAL REFLECTION**

**T**he year 2025 marked a significant period of growth and consolidation for the AOSK Safeguarding Office as it intensified its mission of promoting safe, accountable, and dignifying environments for minors and vulnerable adults in all AOSK-affiliated spaces. Grounded in the AOSK Minors and Vulnerable Adults Protection and Safeguarding Policy (Revised 2024), and guided by national legislation such as the Children Act, 2022, as well as canonical

norms derived from documents including Vos Estis Lux Mundi and Sacramentorum Sanctitatis Tutela, the Office worked to strengthen safeguarding structures and build capacity among religious communities and institutional staff. In a year marked by collaboration, institutional strengthening, and increasing demand for safeguarding knowledge, the Office focused on enhancing formation, improving accountability systems, and supporting congregations in

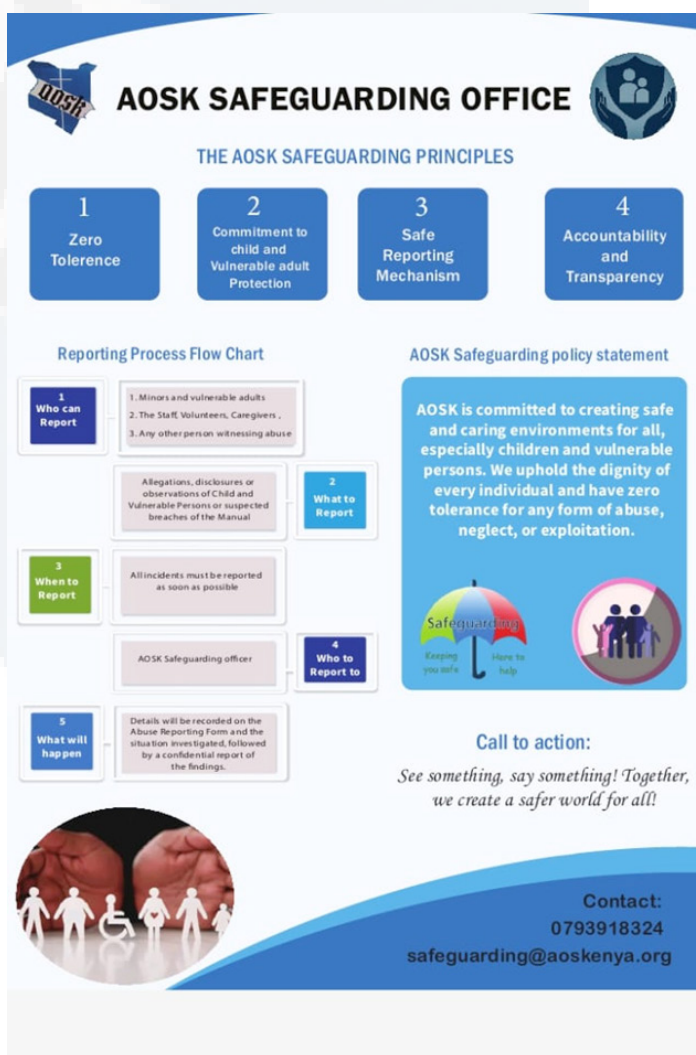
embedding safeguarding into their governance and ministries. A major accomplishment of the year was the extensive capacity-building program conducted across various groups within AOSK institutions. Formation being integral to the life of the Church, the Office prioritized the training of religious preparing for their final vows. These sessions emphasized the legal, canonical, and moral obligations of religious to uphold safe conduct, maintain appropriate boundaries, and



report safeguarding concerns promptly. In alignment with Canon 276, which calls for ongoing formation in matters necessary for ministry, the training empowered young religious with knowledge on trauma-informed responses, ethical responsibilities, and the safeguarding principles anchored in human dignity and the Gospel mandate in Matthew 18:6, which warns against causing harm to the vulnerable. Through these engagements, the Office contributed towards shaping a generation of religious leaders who understand that safeguarding is not merely procedural, but integral to authentic Christian witness.

Beyond formation houses, the Safeguarding Office carried out induction programs for staff at Chemchemi Ya Uzima, ensuring that all employees joining the institution were versed in safeguarding procedures, reporting channels, child protection standards, and the basic requirements of the Children Act, 2022. Additional trainings were provided for SLYI administrators, child care institution administrators, and safeguarding focal persons from various congregations. These trainings, the latter conducted in collaboration with CCKK, served to harmonize safeguarding practices across congregations and institutions. They also promoted uniformity in handling disclosures, maintaining confidentiality as required under the Data Protection Act, 2019, and ensuring accountability in reporting. The Office also provided training for religious undergoing sabbatical at Chemchemi, reinforcing that safeguarding is a lifelong pastoral responsibility, aligning with Canon 223 which obliges all Christian faithful to respect the rights and dignity of others.

Another notable achievement of the year was the deliberate structuring and strengthening of the Safeguarding Office to enhance institutional visibility and credibility. As safeguarding increasingly becomes a professional and regulated field, it was essential for the Office to present itself as a well-organized, accessible, and reliable entity. To this end, the Office produced business cards, safeguarding posters, and a safeguarding banner. These materials helped ensure that those seeking assistance, guidance, or reporting channels could readily identify and access the Office. Moreover, this visibility aligned with broader constitutional principles under Article 19 of the Constitution of Kenya, which emphasizes the importance of frameworks that protect vulnerable individuals. Creating a visible safeguarding presence also contributed to building trust within congregations and institutions, signalling that safeguarding is not an abstract principle but an operational and accessible mechanism.





The Safeguarding Office also expanded its inter-institutional collaboration efforts, recognizing that safeguarding thrives within a networked environment. The Office deepened partnerships with the AOSK Legal Office, AOSK JPIC, AOSK SLYI, AOSK HASK, and Chemchemi Ya Uzima. It also participated actively within the Angaza Dialogue Platform under LCMC, collaborating with key Catholic bodies such as KCCB and CJPD. Through this partnership, the Office contributed to the development of an Anti-Corruption Framework focusing on non-financial corruption within Catholic schools. This initiative acknowledges that safeguarding is inherently linked to integrity and responsible stewardship. Any form of abuse: sexual, emotional, spiritual, or psychological, is rooted in an abuse of power; therefore, addressing corruption contributes directly to creating safer spaces. This work aligns with Canon 384, which obligates ecclesial leaders to protect those entrusted to their care, and to ensure that Church institutions operate with transparency and justice.

A significant achievement in 2025 was the support provided to twenty-one congregations in reviewing

or drafting their safeguarding policies. This work, undertaken jointly with CCKK and the AOSK Legal Office, enabled congregations to align their internal policies with national legislation, canonical norms, and AOSK safeguarding standards. Many congregations had outdated or incomplete safeguarding frameworks, and this process enabled them to establish clear reporting mechanisms, adopt survivor-centered approaches, and strengthen institutional accountability. The harmonization of congregational policies also fostered a shared safeguarding ethos across AOSK membership, ensuring that each congregation upholds its moral and legal responsibility to protect minors and vulnerable adults.

To sum it all, the year 2025 represented a period of advancement, collaboration, and continuing transformation for the AOSK Safeguarding Office. Through capacity building, institutional structuring, policy development, and expanded partnerships, the Office strengthened its foundation and broadened its impact across AOSK networks.



*AOSK Safeguarding officer Sr. Lydia Abuti Malala, SMK Training religious sisters on different aspects of safeguarding*

***By. Sr. Lydia Malala, SMK***

## AOSK UNITS PROGRAM 2025 ANNUAL RETROSPECTIVE

### *Advancing Unity, Service, and Transformation and amplifying AOSK Membership*

The Association of Sisterhoods of Kenya (AOSK) Units Program stands as a vital bridge connecting over 9,000 religious sisters across 27 diocesan units in Kenya. Each unit provides a platform for leadership, collaboration, and shared mission in the spirit of communion and service. The year 2025 has been a season of renewal, growth, and resilience, marked by significant achievements in leadership strengthening, advocacy, and community transformation. Guided by AOSK's strategic priorities, the Units Program has continued to empower sisters to be agents of hope, peace, and justice within their congregations and the broader society. This year the membership grew to 179 and a new birth of a new Unit- Kapsabet Diocese which we have planned to carry out elections of new leaders.

### *Strengthening Leadership and Governance*

One of the notable milestones in 2025 was the strengthening of leadership structures at diocesan and unit levels. Leadership training sessions covered 800 sisters across dioceses of Machakos, Kitui, Isiolo, Nakuru, Nairobi, Muranga, Lodwar, Mombasa, Wote and Embu as well as resource mobilization, strategic planning, and leadership accountability. These capacity-building forums enhanced the sisters' ability to manage unit activities effectively, improve reporting mechanisms, and foster inclusive decision-making. Through mentorship programs, emerging leaders among young sisters were identified and nurtured, ensuring leadership continuity and sustainability in the coming years. All the Units have leadership team in place and operational



*Nairobi deanery leadership*



*Machakos diocese leadership*

### *Advocacy, Peacebuilding, and Social Justice*

The AOSK Units played an instrumental role in advancing advocacy and peacebuilding efforts throughout 2025. Collaborating with the AOSK Justice and Peace program, the units championed awareness campaigns on gender-based violence, environmental degradation, and human rights. Sisters across dioceses facilitated community dialogues promoting peaceful coexistence, reconciliation, and restorative justice. We trained 52 ToTs on advocacy in safeguarding (2 per unit) who cascaded the information to 1152 sisters across the units and reached out to communities, schools and all the institutions where the sisters are serving, bringing transformation, awareness and enlightenment to the communities.



## ***Capacity Building and Empowerment***

Throughout the year, the Units Program focused on building the capacity of sisters to respond to emerging pastoral and social realities. Training workshops on project management, MEAL (Monitoring, Evaluation, Accountability, and Learning), advocacy in safeguarding, impact of technology on religious life, anger management, Leadership coaching and lifestyle diseases were conducted to enhance program efficiency. These trainings enabled sisters to better document their work and align activities with measurable outcomes and also get in touch with self and the surrounding. Through the webinars offered we reached out to over 400 sisters and has been so impactful as they are cascading the knowledge to the communities.

## ***Community Outreach and Pastoral Engagement***

The Units Program continued to be a strong arm of pastoral outreach and community engagement. Sisters in various dioceses spearheaded initiatives in education, healthcare, and psychosocial support, advocacy in safeguarding especially targeting vulnerable groups such as women in informal settlements, children in need of care and protection, and survivors of violence. We reached out to over 15,000 people in the learning institutions as well as the communities and raised the level of awareness especially in matters of advocacy and safeguarding.



## ***Communication, Documentation, and Visibility***

To strengthen institutional visibility, AOSK Units made great strides in improving communication and documentation practices. Through digital communication networks and structured reporting templates, units improved information flow and enhanced accountability. These communication improvements have amplified AOSK's voice within the church and society, showcasing the sisters' contributions to peace, education, healthcare, and community transformation. Had end year meeting with Nairobi Unit and amplified the work of the AOSK to 350 sisters.

## ***Strategic Way Forward for 2026***

As AOSK Units look ahead to 2026, the focus will be on Innovation, Leadership, Resource mobilization training and collaboration. Key strategic directions include:

- . Completing the mapping of all congregations and units by June 2026 to inform planning
- . Continuing leadership and mentorship training to ensure sustainability.
- . Strengthening reporting and digital systems for better accountability.
- . Deepening advocacy for gender equality, peacebuilding, and environmental justice.
- . Promoting resource mobilization and sustainability at unit levels.

***By.Sr. Juliana Ndunge L.S.O.S.F***



## AOSK INSURANCE AGENCY

### *Empowering Protection: AOSK Insurance Agency Solidifies Trust and Expertise in 2025*

The year 2025 marks a landmark period for the AOSK Insurance Agency, culminating in exceptional growth and solidified trust within the institutions owned by congregations. The Nairobi-based agency, which evolved from AOSK Affinity established in 2019 and became fully licensed by the Insurance Regulatory Authority (IRA) in 2021, has demonstrated significant success across both general and medical insurance products this year.

#### *Growth Fueled by Trust*

AOSK's success is a tangible reflection of the agency's vision: to be a leading agency that truly empowers its clients. "Our mission is centered on offering competitive, innovative, and reliable support," states the Agency's leadership. "The incredible growth we've seen, especially in 2025, proves that our advisory-first approach resonates deeply with our clients."

Since inception, the agency has strategically focused on its target clientele, the AOSK member congregations. This commitment has yielded tangible results, with memoranda of understanding signed with nearly 65% of all member congregations, demonstrating a tremendous four-year trajectory of client acquisition and retention.

#### *Advisory and Education: The AOSK Difference*

AOSK Insurance Agency attributes much of its efficiency and effectiveness to its proactive stance on client education. In 2025, the agency significantly enhanced its offerings through continuous trainings and workshops. These sessions are specifically designed for congregational finance personnel and superiors, ensuring they are well-versed in complex areas such as:

- Meeting IRA compulsory requirements.
- Understanding underwriting guidelines.
- Making informed decisions regarding policies like Professional Indemnity, Fidelity Guarantee, WIBA/GPA, and Pension/Retirement Benefits.

By offering this expert advisory, AOSK ensures its clients are purchasing products that are not just compliant, but perfectly suited to their unique institutional needs.

#### *Strategic Partnerships for Client Benefit*

The agency's 2025 success was further underpinned by its commitment to strategic collaboration. The agency actively pursues stronger partnerships with its service providers, fostering a mutual understanding that allows them to co-create tailored insurance solutions with various underwriters. The partnerships have led to various courtesy meetings with key insurance leaders in the industry like Pacis Insurance. These dedicated partnerships ensure that the agency can maintain competitive pricing and reliable support across its comprehensive product suite, which includes motor, medical, travel, and various liability insurances.

## *Conclusion*

2025 stands as a defining year for AOSK Insurance Agency. By blending rapid growth with a core commitment to client education and strong underwriter partnerships, AOSK is firmly positioned as a dynamic and reliable leader in Kenya's insurance sector, ready for even greater success in the years ahead.

## **AOSK JUSTICE, PEACE AND INTEGRITY OF CREATION**

### *AOSK's Commitment to Justice and Child Protection*

**T**he Association of Sisterhoods of Kenya (AOSK), through its Justice, Peace, and Integrity of Creation (JPIC) office, continues to play a pivotal role in advancing the values of justice, peace, human rights, and environmental integrity. Established in response to the growing social injustices and marginalization in Kenya, the JPIC office has remained a beacon of hope for the oppressed, the poor, and the vulnerable, particularly women and children.

### *Grassroots Implementation and Guiding Principles*

The mission's transformative backbone is formed by Human Rights Teachers (HRTs), Peacemakers, and Sisters, who serve as the direct implementers of AOSK's vision at the grassroots level. They work tirelessly within schools, parishes, and local communities to promote respect for human dignity, advocate for social justice, and foster harmony.

Their work is deeply rooted in Catholic Social Teaching principles, which uphold human life and dignity, solidarity, stewardship of creation, and the preferential option for the poor. The Sisters, Peacemakers, and HRTs champion these principles by advocating for justice and the integrity of creation, believing that a violation against Mother Earth is a violation against human beings echoing Pope Francis's teaching that "the Cry of Mother earth is the Cry of the Poor."

These groups actively engage in issues like Gender-Based Violence (GBV), urging leaders to protect the vulnerable and uphold human dignity. A notable example of their advocacy is the bold steps the Sisters took to address and End Child Sex Tourism (CST) at the Kenyan Coast.

### *Focusing on Child Sex Tourism (CST)*

In a display of synergistic unity, Sisters from different Congregations in Kenya, under the AOSK umbrella, gathered in Mombasa from October 1st to 4th, 2025. This meeting served as a time for prayer, analysis, and reflection on issues negatively impacting the country, with a particular focus on the devastating effects of Child Sex Tourism on families, communities, and the nation. In a collective letter addressed to County leaders, including the Honorable County Commissioner, Deputy County Commissioner, and the distinguished elders of Kilifi County, the Sisters expressed profound concern over the escalating menace of CST and the resultant moral decay of the societal fabric. The Sisters highlighted that girls as young as six years old are being exploited, and young boys are increasingly being drawn into the cycle of abuse, often disguised as legitimate tourism. They underscored the long-term psychological trauma suffered by victims including depression, mistrust, guilt, and social stigmatization which effectively robs them of a hopeful future.



Key drivers of Child Sex Tourism were identified as:

- . A culture of silence and lack of enforcement of existing policies.
- . The quest for quick economic solutions.
- . Harmful myths, such as the belief that intercourse with minors can cure illness or confer certain powers.

### ***Recommendations and Commitment***

Recognizing the cultural, social, and legal dimensions of CST, the Sisters formally requested a combined authority of government and related agencies to mobilize all resources to find better, long-lasting solutions that guarantee the safety and welfare of children and future generations.

***They proposed the following specific actions:***

- . Ensure all children benefit from free primary and secondary education.
- . Launch sensitization campaigns for families on the dangers of Child Sex Tourism.
- . Establish agreements with hotels and tourist establishments to prevent minors' involvement in any inappropriate activities.
- . Create a robust monitoring mechanism to protect vulnerable children in tourist zones.
- . Empower local communities to be vigilant and report any suspicious behavior.

On their part, the Sisters committed to intensifying their community outreach and education efforts through schools, parishes, and social programs. They vowed to continue sensitizing parents, teachers, and young people about the dangers of CST and to promote a culture that protects and celebrates the dignity of every child.

As expressed by the Sisters working along the coastal strip, “We are determined to be the voice of the voiceless.”



***Sisters after the advocacy meeting on the right Sisters during their meeting with the government officials and CSOs.***

## ***AOSK's Contribution to the Sustainable Development Goals (SDGs)***

In direct response to the Sustainable Development Goals (SDGs) the global call to action to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity the Association of Sisterhoods of Kenya (AOSK), through its Justice, Peace, and Integrity of Creation (JPIC) office, has made significant contributions across multiple goals.

### ***Key SDG Engagement and Impact***

**SDG 4: Quality Education:** AOSK champions this goal by working within institutions of learning. The JPIC office has trained and graduated Human Rights Teachers (HRTs) in more than 10 counties. This initiative not only enhances the quality of education but also ensures that child rights and responsibilities are taught to and upheld by learners.

**SDG 5 (Gender Equality) & SDG 10 (Reduced Inequalities):** Through the efforts of the Peacemakers and Sisters, these goals are actively amplified within communities. The program has observed a growing emphasis on Alternative Justice Systems (AJS). AJS has been instrumental in helping communities resolve local disputes amicably, ensuring fairness and restorative justice while avoiding lengthy court processes.

**SDG 16: Peace, Justice, and Strong Institutions:** This goal is upheld by positioning numerous peace champions at the forefront of justice and peace efforts within their respective dioceses. AOSK JPIC operates on the core belief that peace is not merely the absence of violence but the active pursuit of a just society where the dignity of each person is revered.

### **Partnerships and Call to Action (SDG 17)**

AOSK strongly rejects operating in isolation and instead embraces SDG 17 (Partnerships for the Goals). These vital collaborations with both local and international partners—have facilitated access to training opportunities, resources, technical support in areas like gender, human rights, and peace programs, and support for environmental activities. Furthermore, strong collaboration with community-based organizations has enhanced the sustainability of grassroots initiatives.

AOSK finds strength in this synergy. As the year concludes, we extend our sincere gratitude to all our partners who have supported our activities and programs in achieving our goal of a just and peaceful society. We invite all people of good will to join us in the fight against all forms of violence and injustice witnessed in our society. Your voice is critical; it can save a child or a vulnerable adult.

***Support the initiatives of the association of sisterhoods of kenya (aosk) in championing a just and peaceful society.***

***By. Sr. Bernadetta Nzioka, DSH***



## AOSK SCORE ECD

### *SCORE ECD is enhancing the capacity of sisters' congregations in Kenya*

**S**trengthening the capacity of women religious in Early Childhood Development is an initiative of Catholic Relief Services that builds the potential of Catholic sisters in Kenya, Malawi, Ghana, Tanzania, and Zambia to deliver quality ECD services for the needy children in their communities. The project, funded by the Conrad N. Hilton Foundation (CNHF), is implemented through Catholic Relief Services (CRS) and carried out by the Sisters' National associations through their respective congregations. SCORE ECD project is in its fourth phase (2025-

2028). In Kenya, through the Association of Sisterhoods Kenya (AOSK), the project works with 10 sisters' congregations in activities aimed at increasing their technical capacity in ECD, organizational sustainability, networking, and learning around ECD. In 2025, the project began implementing phase IV, which has seen ten congregations on board. The year was marked by training sisters in the area of need for ECD implementation and capacity building of the sisters' congregation through the HOCAL.

### *Key Achievements*

#### *ECD Implementation*

- . Twenty (20) sisters with increased skill on technical capacity to deliver high-quality, equitable Early Childhood Development (ECD) /integrated Mother/Father Baby Course (iM/FBC) care and family strengthening services to caregivers of children under five.
- . Twenty (20) sisters delivering nurturing care and family-strengthening services to caregivers
- . 36 Community Health Promoters trained to carry out ECD work
- . 1080 caregivers in Kilifi, Siaya, and Meru Counties are enrolled in the project and are receiving nurturing care sessions.
- . Strong engagement of SCORE ECD staff providing services to more than 150,000 families in the year 2025 through our different interventions.



*Community Health Promoters being trained on ECD Curriculum by Rose Nancy FSSA*



*Male caregivers in session in Siaya*

### ***HOCAI - Institutional strengthening and sustainability***

. National Associations and ten sisters' Congregations were assessed on the Holistic Organizational Capacity Assessment Instrument (HOCAI)

. Ten Sisters' Congregations continue to strengthen their capacity through Institutional Strengthening, Capacity building, and Accompaniment provided by CRS and AOSK.



***Sisters Master trainers during training***

The project continues to train, mentor, and accompany sisters, that led to increased skills and knowledge in resource mobilization, and sisters are involved in Income Generating Activities (IGAs) in all communities, leading to cost-cutting initiatives, ie, gardening, animal rearing, poultry, and fruit farming, running of institutions, e.g., schools, hospitals, and hospitality facilities. That has increased the financial sustainability and enhanced the sustainability of congregations



***Sample of IGAs in sisters' communities***

. The Congregations participating in the SCORE ECD project have become a training ground for other non-SCORE and other faith-based organizations, caregivers, and government staff. This is because sisters use the skills gained through different training and capacity-building avenues to mentor, accompany, and train others.



***Sisters of St. Joseph of Mombasa after resource mobilization training in Mombasa***

. 10 Congregations are engaging with new partners like the ministries (Health, Education, Fisheries), Non-Governmental Organizations, strengthening networking and collaboration for sustainability and a healthy environment for partnership, trust, and freedom that enabled building strong relationships that are partner-led

. The National Associations and four sisters' Congregations have a Monitoring, Evaluation, Accountability, and Learning (MEAL) system through which sisters can track projects' profits and losses and make informed decisions, as a sign of growth and sustainability of our programs.

***By. Sr. Teresa Yator, ASE***



## ***SCORE ECD Success Story:***

### ***Transforming Our Institution Through the Integration of MEAL and HOCAI- St. Joseph of Mombasa***

**T**his is an inspiring journey of growth and transformation for the congregation (institution) of the sisters of St. Joseph. The sisters have made remarkable strides by integrating the MEAL system (Monitoring, Evaluation, Accountability, and Learning) with the HOCAI approach (Holistic Organizational Capacity Assessment Instrument). Sister Annet Wanza, who is the Vice General Superior, narrated how the congregation's strategic integration has not only improved its operational systems but has revitalized the institutional identity and strengthened its governance structures, establishing a solid foundation for sustainability and impact. "I can say that the Transformative Power of the HOCAI and the MEAL system lies so much on our commitment," sister Annet Wanza asserted. Sister continued to allude to that the congregation was able to build her Organizational Capacity with HOCAI. "I do see that", sister continued with a smile on her face, "the HOCAI framework has played a pivotal role in strengthening our institutional capacity through;

#### ***1. Recognition of Institutional Strengths***

We now have a clear understanding of our departmental performance, allowing us to leverage our strengths and address any capacity gaps effectively

#### ***2. Enhanced Asset Management***

Our improved oversight of organizational assets has diminished losses and strengthened accountability, leading to more strategic operational planning.

#### ***3. Development of Key Institutional Policies***

We have successfully developed and implemented several critical policies, including a Child Protection Policy and a Procurement and Disposal Policy, reinforcing our commitment to governance and professionalism.

#### ***4. Strengthened Governance and Leadership***

Through organizational assessment, we have reconnected with our mission, vision, and values. This clarity has improved coordination among leadership and grounded decision-making in evidence.

#### ***5. Improved Financial Management***

Our financial management capabilities have evolved significantly, enhancing our planning, reporting, and resource management processes.

#### ***6. Strategic Partner Mapping***

We have identified and established meaningful collaborations with strategic partners, expanding our network and enhancing opportunities for impactful growth." Sister Annet continued to narrate, "the MEAL framework has also led to several significant advancements, such as;



***Sr. Jane Awour, Superior general SSJ having a photo with her team of sisters that spearhead the sensitization of the HOCAI tool to the whole congregation***

### ***1. Enhanced Monitoring and Tracking***

With the implementation of continuous data collection, our ability to monitor activities in real time has dramatically improved. We can now swiftly identify challenges and respond with timely corrective actions, resulting in heightened operational efficiency and superior service delivery.



***sisters being trained on the MEAL system to support each community***

### ***2.Improved Evaluation and Results Measurement***

We have adopted a systematic approach to evaluating our progress against set goals. This evidence-based evaluation process has illuminated effective strategies while pinpointing areas for improvement, thus steering informed decision-making and strategic resource allocation.

### ***3. Strengthened Accountability***

Transparency has become a cornerstone of our communication strategy. Clear and timely reporting across all levels of the organization has fostered trust and confidence among staff, management, and stakeholders

### ***4. Deepened Learning Culture***

By documenting and sharing lessons from both successes and challenges, we have nurtured a culture of continuous learning, adaptability, and innovation. This ingrained ethos ensures our organization is always evolving and improving,” then the sister continued to say, “and finally, I can conclude by saying that the synergy created by integrating MEAL and HOCAI has established a continuous transformation cycle within our institution. Together, these frameworks have elevated our performance and bolstered our sustainability. The integration of MEAL and HOCAI has transformed us into a stronger, more resilient organization that is continually evolving. The progress we have made serves as a testament to our commitment to excellence, setting the stage for sustained impact in the communities we serve. We are proud to share this success story, showcasing our growth and the meaningful change we are creating.” The journey has not only sharpened the congregation to focus on program quality and accountability but has also reinforced the congregation’s institutional capacity and governance.



# FORMATION PROGRAM

## *Empowering formators, enriching the church*

**T**he Formation of Formators Program continues to stand at the heart of fostering personal growth and transformation, equipping participants to serve effectively in the formation ministry within religious life and the wider Church. Focused on nurturing individuals who will guide the next generation of religious men and women, the program has witnessed remarkable milestones over the past year: growth, diversity, renewal, and a deepening spiritual vibrancy.

### *A Year of Growth and Expanding Diversity*

The year 2025 marked an exciting chapter for the program as it welcomed its new participants. The January intake brought together 23 formators, while the August intake had 33 participants, representing religious institutes from various countries. This growing international presence has enriched the learning environment, offering a tapestry of perspectives, cultures, and experiences that deepen communal formation.



*Formators - August 2025 intake*

### *Building Community: The Annual Formators' Educational Trip*

With two intakes joining at different times, the program sought innovative ways to weave the groups into a single family. This hope came alive during the annual Formators' Educational Trip to Paradise Lost in Kiambu County. The serene natural landscape provided the perfect backdrop for learning, recreation, and bonding. Participants enjoyed moments that combined reflection, creativity, shared laughter, and prayer, strengthening relationships that will carry them through their ministry.

### *Formation Experience: Learning from Other Congregations*

In May 2025, the January intake embarked on an enriching formation immersion beyond their own congregations. This unique experience allowed them to explore other charisms, community rhythms, and spiritual traditions within the Church. The exposure broadened their understanding of religious life, deepened their appreciation for diversity, and offered fresh insights into how the Holy Spirit animates different institutes. Participants described the experience as transformative an encounter that nurtured both humility and renewed identity.

### *Moments of Silence: Retreat for Deep Spiritual Renewal*

Spiritual depth remains a cornerstone of formation. The program offered two eight-day retreats one in April for the graduating group, and another in September for participants completing their training in October. These sacred days provided space for contemplation, inner healing, and spiritual grounding. Many participants testified that the retreat fortified their readiness to accompany others in their own formation journeys.



*Formators- January 2025 intake- at the end of retreat*

### ***Celebrating Achievement: May 2025 Graduation***

May 2025 was a moment of jubilation as 36 participants, who had joined the program in August 2024, successfully completed their training. The graduation ceremony was filled with gratitude and excitement as new formators stepped forward, prepared and eager to serve the Church. Their commitment marked a significant milestone not only for themselves but for the formees they would in future accompany.

### ***Ongoing Formation: Deepening Vocation and Spiritual Insight***

Beyond its main program, the department continues to provide ongoing formation to support different stages of religious life. This includes preparing temporarily professed sisters and brothers for perpetual vows, guiding religious house animators, and assisting aspirants, postulants, and novices in deepening their call. These initiatives ensure a solid foundation for discernment and lifelong spiritual growth.

### ***Short Courses: Essential Skills for Holistic Development***

In order to meet the demands for practical skills, the college provides a variety of short, practical courses among them Basic Spiritual Guidance, Basic Accounting, and Basic Computer Skills. These programs benefit not only those in formation but also students from other departments like the Sabbatical Program, Integrative Spiritual Counselling, ICAPAMI, as well as participants from outside institutions. Such courses equip learners with valuable skills for ministry, administration, and personal enrichment.

The program still continues to broaden its impact with innovative offerings, including newly introduced

courses such as Chapter Facilitation and Vocation Animation Training. These initiatives empower participants to make a lasting mark, guiding and shaping the spiritual life of the Church for generations to come.

As the year comes to a close, the Formation of Formators Program shines as a beacon of hope for the Church. It cultivates formators who embody spiritual depth, resilience, pastoral insight, and wisdom. It is a transformative mission shaping men and women who can nurture vocations, mend hearts, and guide others with compassion and vision.

***By. Sr. Florence Nyamai OSU***



## INTEGRATIVE SPIRITUAL COUNSELLING (ISC) PROGRAM

With the Mercy of God working in us, we go on our knees and thank Him for letting this semester slip off in His Graces. We have seen his greatness and power that is beyond telling. We have seen all this in the activities undertaken during the entire year successfully. The year 2025, opened with a lot of expectations,

anxieties, worries and hopes. The Lord took control of everything; we are here closing the year with fulfillments. We may not record 100% but we cannot surely fall below 50%, a sign that all has been well. We recorded great success, but amidst that, we also had some challenges that did not however deter us from coming to the end of the year successfully.

### *Successes Recorded During the Year 2025*

**Expert Faculty:** We secured highly competent lecturers primarily from our affiliated institutions, The Catholic University of Eastern Africa (CUEA) and Tangaza University (TU), as well as from other esteemed neighboring universities. Their commitment contributed significantly to our students' success.

**Graduation Success:** Our finalist students successfully graduated on the fourteenth at Tangaza University, achieving commendable results. All five graduating students completed their studies efficaciously, earning distinctions and credits, with no passes or failures recorded. We commend them for their seriousness and dedication.

**Continuing Students' Performance:** The continuing students successfully attended all lectures, submitted their term papers and tests, and completed their end-of-semester examinations without any issues.

**Community Outreach:** Students actively participated in a community outreach program, ministering to the vulnerable members of society. This was an opportunity to offer words of encouragement and instill hope amid the various challenges facing our country.

**Practical Skills Training:** The students successfully undertook practical counseling sessions, simulating the professional activities they will pursue after graduation. This practice was facilitated by experts who guided them on handling diverse client cases. Significant improvement and growth in competency were observed as the students rotated through different roles and scenarios.



*On the left: Our finalist students celebrate their Graduation Day at Tangaza University.  
On the right: Continuing students focused during their end-of-semester examinations.*

***By. Sr. Sophia Wanyama, LSMIG.***

# INSTITUTE OF CATECHETICS AND PASTORAL MINISTRY (ICAPAMI)

## 1. Commissioning of Catechists

On April 1st, 2025, a special ceremony for the Commissioning of Catechists was held in the College Main Hall, attended by the AOSK Chemchemi ya Uzima community.

The commissioning followed the homily, during which the catechists publicly affirmed their commitment to faithfully and lovingly teach the Catholic faith. This act represents a formal recognition by the Church of those dedicated individuals called to serve as teachers of the faith.

### Symbolic Tools of Ministry

During the ceremony, the newly commissioned catechists received symbolic tools essential for their ministry:

**The Bible and Catechism:** To guide them in accurately teaching the revealed Word of God and the doctrines of the Church.

**The Cross:** A reminder that their strength and mission are rooted in Christ and a symbol of resilience amid trials.

**Candles:** Symbolizing their mission to be the light of Christ to the world through their words and exemplary Christian lives.

### The Role and Responsibilities of a Catechist

*The core responsibilities of a commissioned catechist involve:*

- . Fostering the faith formation of the faithful.
- . Deepening the community's understanding of Church teachings and doctrine.
- . Witnessing to the Gospel through both verbal teaching and their actions.
- . Collaborating effectively with the clergy to support the broader mission of evangelization.



*The Commissioned Catechists With Some Members Of The Staff.*



## ***2. Institute of Catechetics and Pastoral Ministry (ICAPAMI) Graduation***

On October 24th, 2025, the Institute of Catechetics and Pastoral Ministry (ICAPAMI) was privileged to participate in the 44th Graduation Ceremony held at its affiliate institution, the Catholic University of Eastern Africa (CUEA).

The theme for this year's ceremony was: ***"Pilgrims of Hope: Consecrated to Transform Nations through Innovative Education."***

ICAPAMI proudly presented a total of thirteen

students for graduation:

**Seven (7)** students were awarded the Diploma in Theology in Catechetics and Pastoral Ministry.

**Six (6)** students were awarded the Bachelor of Theology in Catechetics and Pastoral Ministry.

We extend our deepest gratitude to ASEC for their generous support, as they sponsored all six students who graduated with the Bachelor's degree this year.



***ICAPAMI students graduating from the Catholic University of Eastern Africa in October 2025***

## ***3. ICAPAMI Community Outreach at The Shelter Children's Home, Kibiko***

On March 8th, 2025, ICAPAMI students visited The Shelter Children's Home (Simba Village) in Kibiko, Kajiado West Sub-County, a home that supports 153 vulnerable children aged 2 to 18. Following an orientation, students spent an enriching day interacting with the children in age-group settings, engaging in fun, counselling, and playing. The visit concluded with the donation of foodstuffs and items from the students and the AOSK Chemchemi ya Uzima College administration.

#### ***4. ICAPAMI 10-Week Theology Formation Course (Online)***

The 10-Week Theology Formation Course, launched in 2020, is an essential program providing foundational theological education, spiritual enrichment, human formation, and pastoral preparation for candidates entering Catholic religious life. Over 70 students enrolled this year alone.

##### **Program Purpose and Success**

The course aims to ground candidates in Catholic theology, strengthen their identity, nurture spiritual and human maturity, and provide a unified formation base for diverse religious congregations.

Since 2020, the course has maintained a stable yearly enrollment, achieved strong retention/completion rates, and received consistently positive evaluations.

##### **Key Areas of Focus**

**The formation focuses on four key areas:**

**Theological Competence:** Equipping participants with a strong, orthodox understanding of Catholic teachings.

**Spiritual Maturity:** Deepening prayer life, discernment, and appreciation of vows and charisms.

**Pastoral Sensitivity:** Cultivating compassion, missionary zeal, and practical pastoral skills.

**Common Formation Foundation:** Standardizing early theological and spiritual formation across congregations.

##### **Value for Formators and Impact**

Formators are encouraged to send candidates as the program ensures reliable and orthodox theological formation, complements house-based formation, lightens formators' academic workload, and prepares candidates for advanced studies.

Since its launch, the course has proven essential for shaping mature, mission-ready religious. Participants consistently demonstrate notable growth in academic understanding, spiritual depth, discipline, and pastoral confidence, with many alumni now serving effectively in various apostolates. The course is a valuable investment for the Church's future.

***By. Sr. Francisca Musau, ASN.***

#### **ST. ANSELM'S SABBATICAL PROGRAM**

***Motto "Come As You Are, Go Back Transformed".***

**T**he program is open to priests, religious brothers and sisters, those in leadership and in various ministries in their congregation. The program welcomes individuals as they are and helps them embrace their true selves as they embark on a holistic journey of transformation. The program addresses the integral growth and development of religious brothers, sisters and priests, taking care of their spiritual, emotional and psychological development. Those that need space to reflect on their ministry or change their ministry. It is a multicultural setting. The program emphasizes on community living as a valuable resource and support for our daily lives.

The program aims at enabling sisters, brothers and priests: To achieve a greater, deepening of their relationship with self, God and others. Pope Francis says “Religious have to return, to our first calling which is our relationship with God”. Consecrated religious is not a duty, but a relationship. It is a holistic view of human development and growth, inspired by the MOTTO: “COME AS YOU ARE GO BACK TRANSFORMED”. This is a four months experiential course best designed for religious men and women to take a moment / time to have intensive time to read the book of their own lives. The intake is twice a year i.e. January and August.

***qualification: “come as you are”.***

The sabbatical program lays emphasis on both spiritual, psychological dimensions and will cover a wide variety of lectures e.g. Prayer and Discernment, Journalling, Trauma Healing, Emotions, TA, Human sexuality, conflict management and many others. The participants are given one-on-one counselling sessions and growth groups where they encourage one another. We believe that our ministry flows out of our own personal, Emotional and Spiritual growth. Therefore, we invite members to use it as an opportunity where they can grow and call each other to growth, a “mutual Evangelization”. During the semester, the participants are offered a spiritual trip. In January 2025, we had 18 participants from 11 African countries. The group comprised of two brothers, two priests and 14 religious sisters. In August 2025, we received 37 participants from 10 African countries. The group comprises of three religious brothers, three priests (1 Diocesan and two religious) and 31 religious sisters. There was an increment of numbers.

In July 2025, during the AGM for Superior Generals, we marketed the sabbatical program through “World café” presentation and that brought a lot of fruits, by the number of participants increasing from 18 to 37, and I express my sincere gratitude to the Superior Generals who responded positively.

Being a multicultural community, on 20th. Oct, 2025, sabbatical participants went to visit lake Naivasha and it was a good experience, full of fun and excitement.



***Sabbatical Participants during their trip to Naivasha***

On 24th.Oct. 2025, the sabbatical participants joined Chemchemi community for sports, there was a lot of fun and tasting their talents in various games. There was a lot of relaxation.

On 8th. Nov.2025, the sabbatical participants joined chemchemi fraternity on the cultural day celebration. The participants were thrilled and extremely happy. There was a sign of unity in diversity. Different individuals valuing each other regardless of skin, intellect, talents or years.



On 14th. Nov.2025, the sabbatical participants went for a spiritual trip at Subukia, since they were coming to the end of their program. The shrine is a place all people of the world, all walks of life and denominations are welcome to worship God. The participants 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 serene nature

that helps people meditate. 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.

On 20th.Nov. 2025, the participants terminated as a group, ending all activities of sabbatical program. As the motto says “Come As You Are Go Back Transformed”. The participants acknowledged that they are going back to their communities full of energy, 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. Growth is a continuous process. They said “Long Live Chemchemi”. From 24th Nov.-1st. Dec. 2025, the sabbatical participants will be having their retreat as they come to the end of the program. It is a moment of being with the Lord and thanking him for all they have achieved during the period of four months. Wishing them a fruitful retreat !!!!.



*Sabbatical participants posing for a last group photo after a successful four months at Chemchemi ya Uzima College*

## ***Key Sabbatical Achievements***

### **I. Marketing and Recruitment**

**Social Media Campaign:** Strategic advertisement on AOSK social media platforms successfully doubled the participant enrollment for the program.

**Superior Generals' Advocacy:** The "World Café" session held during the Annual General Meeting (AGM) for Superior Generals was highly effective in recruiting participants for the August intake. We appreciate the prompt response of the Superior Generals.

**Alumni Network:** Program brochures were provided to our Alumni network to facilitate effective word-of-mouth marketing.

**Direct Outreach:** We initiated a private approach to individual Male Superiors to encourage them to send their members to the sabbatical program.

**Publicity Campaigns:** We successfully liaised with the AOSK Communication Officer to advertise the sabbatical program through the AOSK Facebook page and official website.

**Impact of "World Café":** The "World Café" held in July during the Superior Generals' AGM had a highly positive impact, resulting in a significant increase in participant numbers.

### **II. Publicity and Success Stories**

**AOSK Communication:** Several participants were interviewed by the AOSK Communication Department to share their success stories, which will be featured on the AOSK website to promote the sabbatical program.

**External Media:** The Communications Network for Catholic Sisters (CNCS) Kenya also interviewed several sabbatical participants to share their success stories, intending to advertise the program to a wider network of Sisters.

### **III. Participant and Program Development**

**Team Bonding and Wellness:** Participants were encouraged and empowered to engage in bonding and social outings, successfully organizing a retreat/trip to Naivasha.

**Fundraising Initiative:** Sabbatical participants were actively involved in raising funds for the new sabbatical site located at Matasia.

***By. Sr. Leocardia Kemunto, FSJ***



## CHEMCHEMI YA UZIMA SABBATICAL FUNDRAISING

**T**he Association of Sisterhoods of Kenya (AOSK) is an umbrella body of 175 registered member congregations of Catholic Women Religious, representing over 8,500 sisters spread across the 26 Catholic Dioceses of Kenya. Our programming areas include: Women empowerment, youth empowerment, early childhood development and safeguarding, education and training, human trafficking, justice and peace, and healthcare. The Association of sisterhoods of Kenya currently hosts sabbatical candidates at Chemichemi ya Uzima college, which has a growing need for more space and sabbatical friendly facilities. AOSK therefore is seeking for funds to construct a sabbatical Centre in Matasya- Ngong Diocese. This will lead to rejuvenated and committed men and women religious in service of the church especially to the marginalized and underprivileged. We therefore appeal for your generous contribution of any amount to enable us accomplish this project.

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